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## Peer Group Network Volunteer

### Role Description

**Role:** Peer Group Network Volunteer

**Type of Role:** Voluntary

**Responsible to:** Volunteering Services Manager

**Location:** In person and remotely

**Hours:** Minimum of 2-3 hours but can vary depending on the number of members and online groups being supported, 3 months minimum commitment

### Role Summary:

The Peer Group Network is made up of groups run by and for people who experience mental health issues, our groups are supported by volunteers who have experience in their field. We offer a safe and non-judgemental space where members can make friends, have fun and learn new skills.

As a remote and face-to-face Peer Group Network Volunteer you will be co-facilitating a Peer Group such as an Art, Yoga or Talking group.

### Key Responsibilities:

1. Opportunity to plan, facilitate and deliver online and face-to-face groups such as talking groups.
2. To use own experiences and interests whilst facilitating groups.
3. To support administration function i.e. membership forms, registers and evaluation feedback.
4. To offer informal support such as listening and sign-posting
5. To pass on any concerns about a member to the team for additional support.

### Person Specification

To undertake the role of Peer Group Network Volunteer, we would like people who are able to meet the specification guidance:

- Understanding of mental health difficulties (we encourage applicants with lived experience of mental health problems)
- Ability to access the internet and basic understanding of how to run groups remotely
- Willingness to engage in and explore different common interest groups

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- Good communication skills
- Good interpersonal skills
- Ability to work well in a team
- Friendly and encouraging personality

### **Expectations**

- A minimum of 3 months commitment to Volunteering
- To comply with all RB Mind organisational policies
- Successful applicants will be required to provide details of two references and agree to submit details for and undertake a Disclosure and Barring Services (DBS) check.

### **What we offer:**

- Working from home allowance and relevant volunteering expenses
- Support and supervision
- Access to training and volunteer activities
- Certificates for hours volunteered
- References (after completion of 3 months volunteering with us)

If you would like to join our growing team of Peer Group Network Volunteers, we would love to hear from you! Please email your application to: [peer.network@rbmind.org](mailto:peer.network@rbmind.org) or email for more information.