



Lived Experience Accessing Peers

ROLE DESCRIPTION

Volunteer Peer Leader

We are a community mental health charity in East London, we strive to ensure anyone with a mental health or emotional issue has somewhere to turn for advice and support.

The LEAP project encourages and supports members of the community to co-produce and set-up their own groups.

Aim of role

After completing our training and with ongoing support from the LEAP staff team, the Peer Leader will be able to co-ordinate and facilitate their own community group within Tower Hamlets, Newham or Redbridge.

Role Requirements

We are looking for a volunteer who is enthusiastic and non-judgmental, with the desire for supporting people with varying levels of vulnerability and need.

It is essential you are motivated to learn and develop the skills necessary to run your own community group, are understanding, open minded and have reasonable literacy skill.

Key Tasks

- Commit to a few hours, 1 day a week for at least six months
- Commit to some self-study online and by email (we can assist you to set this up if needed).
- Plan and facilitate community engagement groups in the borough of Tower Hamlets, Newham or Redbridge

Essential to the role:

- You agree and understand the 6 questions on the "[Considerations](#)" link on our website.
- Understands the benefits of [peer support](#)
- Complete 5 half days training necessary to support you in your role
- Attend meetings and supervision support
- Act in accordance with MITHN policies and procedures

Training and Support

You will receive regular support in the form of supervision meetings to continue your personal development.

We use interactive training materials, with some self-study, for key areas of the role (such as communications skills, assertiveness and how to diffuse challenging behavior).

We will cover out of pockets expenses: i.e. travel (with proof of receipts) with help towards the cost of lunch.

Benefits of Volunteering with Mind in Tower Hamlets and Newham

Gain a better understanding of mental health and learn skills essential in providing support towards others.

Improved self esteem, confidence, and increase in own ability to cope with mental health concerns.

Gain satisfaction from being part of a team that makes a positive impact.

The addition to your CV of new experience and enhanced skills developed from effective training and development opportunities.

Regular support and supervision from the LEAP staff team.

Availability

The role requires a minimum of a few hours at least one day a week, Monday-Friday, within the hours of 09.30am to 5.00pm with a minimum commitment of six months.