

Peer Support Volunteer Role Description

Position: Peer Support Volunteer

Commitment: 4 Months minimum

Time Commitment: 1 hour per week + 1 hour supervision per month while actively mentoring

Start Date: March 2020

Must be available in March for the following 3-day training sessions

Date: 27th, 28th & 29th March 2020

Time: 9:00-17:00

Venue: Easton Community Centre, Kilburn Street, Easton, Bristol, BS5 6AW

Training Modules: Peer Mentoring, active listening, motivational interviewing, goal setting, boundaries, confidentiality and safeguarding.

Tasks and Duties:

- To offer one-to-one peer support to people living with Type 2 diabetes.
- Provide support via sharing, personal experiences, resources & information, Tips/strategies on coping and a listening ear.
- Attend monthly supervision
- To maintain confidentiality at all times
- To adhere to Brigtowe's policies and procedures

Personal Specifications:

- Be living with type 2 diabetes
- Ability to work in a non-judgement, non-confrontational manner
- To have an empathetic manner
- To have good time management skills
- An understanding of working with vulnerable adults is desirable
- Excellent and sensitive communication skills, verbal, listening and written
- Respect and commitment to diversity and equal opportunities

Training & Support Provided:

- Peer Support Induction training and further training as identified
- Ongoing personal development training
- Regular 1-2-1 support and supervision sessions (monthly)
- Reimbursement for out of pocket expenses (up to a reasonable amount)

Skills and Experience likely to be developed from the role:

- An understanding of supporting people living with and affected by type 2 diabetes
- Knowledge of treatment
- Transferable skills such as confidence, communication, presentation skills, boundaries and confidentiality etc.



To apply for this role, please complete the diabetes peer mentor application form and return to diabetes@brigstowe.org or post to **Diabetes Peer Support Service, Brigstowe, Easton Community Centre, Kilburn Street, Bristol, BS5 6AW.**

For more information on this role, or how to apply, contact Brigstowe on **0117 9555 038.**