

## Peer Support Volunteer Role Description

**Position:** Peer Support Volunteer

**Commitment:** 4 Months minimum

**Time Commitment:** 10 hours per month approx. To provide one-to-one peer support for upto 2 hours per week and attend monthly group supervision (currently on the evening of the 1<sup>st</sup> Wednesday of each month).

### Tasks and Duties:

- To offer one-to-one peer support to people living with HIV. Peer support meetings will be in person, or over phone or video call.
- Provide support via sharing personal experiences, resource information, coping strategies and tips, and a listening ear.
- Attend monthly group supervision on a Wednesday evening at Brigstowe's office.
- **To maintain confidentiality at all times.**
- To adhere to Brigstowe's policies and procedures.
- To participate in ongoing training (2 – 4 times per year)

### Skills and Experience:

- Be living with HIV.
- Ability to work in a non-judgemental, 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.
- A willingness to commit to the Brigstowe's policies and procedures.
- Respect and commitment to diversity and equal opportunities.

### Training & Support Provided:

- Peer Support training & induction and ongoing personal development training.
- Regular 1-2-1 support with senior mentor and monthly group supervision sessions.
- Reimbursement of 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 HIV.
- Knowledge of HIV treatment
- Transferable skills such as communication, empathy, maintaining boundaries and confidentiality, and goal setting.