Brigstowe

HIV Peer Mentor Volunteer Application Pack

Hello

Thank you for your interest in our HIV Peer Mentor Volunteer role.

Volunteers are at the heart of what we do. We would not be able to deliver our services without the time, commitment, and skills that our volunteers bring.

At Brigstowe we believe that volunteering should benefit both parties. Volunteers stand to gain experience, personal development and enjoyment through their voluntary role and through the training and support they receive. The organisation gains dedicated and committed people who provide a valuable contribution to the lives of our clients, as well as new insights to improve services.

This pack

The pack contains all the information you need to apply to be a Brigstowe HIV Peer Mentor Volunteer and we ask you to read it through carefully and then complete the application which you can find here: https://forms.cloud.microsoft/e/DQdBzWk6L7

If you would prefer to complete a paper application form please let us know and we can send this to you.

Becoming a HIV Peer Mentor Volunteer involves:

- Completing the application form.
- Providing two references.
- Completing a DBS application (a check of your criminal record).
  **Please note that having a criminal record is not necessarily a barrier to volunteering with Brigstowe.
- An informal interview with the Peer Support Coordinator and a Volunteer Mentor.
- Attending a 4-day training course.
- A one-to-one induction meeting with a Senior Volunteer Mentor.

HIV Peer Mentor Training course

The 4-day training course will be held at Brigstowe's office in Easton. It will be a chance to focus on the skills and qualities of a Peer Mentor and covers topics such as boundaries, self-disclosure, confidentially and communication skills. The course is designed to make use of your own skills and experience and aims to equip you with the knowledge, confidence and ability to be an effective Peer Mentor.

The Peer Mentor training will be held over four days: **Saturday 6th March, Sunday 7th March, Saturday 13th March and Sunday 14th March**. All sessions are from 10am to 3.30pm. You are expected to commit to attending all 4 sessions.

Once you become a volunteer

There is ongoing support and opportunities for training to support you in your role, including monthly Peer Mentor Group Supervision sessions. These meetings alternate between the first Monday and first Wednesday of the month, from 6.30pm to 8pm.

Volunteers will receive reasonable out of pocket expenses including mileage allowance or bus fare for face to meetings and a refreshments allowance.

IMPORTANT!

Please refer to these notes before completing the application form

1. Help with completing the form

If you need help in completing the form for any reason at all, please feel free to contact our HIV Peer Mentoring Coordinator, Kate (contact details below) so we can discuss how we can support you with it. This would **not** go against you when you apply.

2. What we look for in a volunteer

Please see the HIV Peer Mentor Volunteer Role Description below to help you understand what Brigstowe is looking for in a volunteer. In your application form please tell us how you meet the **skills, qualities and experience** listed. You can use examples from work, hobbies, social activities or other volunteering.

Our decisions about selection for the interview will be made based on what you write on your application form.

No formal qualifications are required, and training will be provided.

3. The application process

When you return your form, the Peer Support Coordinator will assess if the application meets our criteria and if so, you will be invited to an informal interview. If we consider that you are suitable for the role you will be given a place on the volunteer training and sent further details before the training starts.

Please note, being offered a place on the training does not guarantee you to be a volunteer. The training programme will also be an opportunity to assess your suitability for the role.

If you have any questions about the Peer Mentor Volunteer (Mentor) role or the application process, please get in contact with:

Kate Trotman

HIV Peer Mentoring Coordinator

0117 9555038

info@brigstowe.org

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The Old Co-Op
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HIV Peer Mentor Volunteer Role Description

Position: HIV Peer Mentor Volunteer

The role of a Peer Mentor is to build positive relationships with people who are struggling with their diagnosis, drawing on a shared experience of living with HIV to offer empathy and understanding and to support people to live well with HIV.

Time Commitment: 6 months minimum, up to a maximum of 10 hours per month. This includes providing 1:1 Peer Support for 1-2 hours per week and attending monthly group supervision.

Tasks and Duties:

- To offer one-to-one Peer Support to people living with HIV.
- To arrange and carry out support meetings with mentees either in-person, by phone or by video call.
- To maintain confidentiality at all times.
- Support will involve a variety of skills, for example - building rapport, active listening, sharing personal experiences, sharing and signposting to resources & information, discussing coping tips & strategies, and goal setting.
- To attend monthly HIV Peer Mentor Group Supervision at Brigstowe's office in Easton and to participate in any ongoing training offered.
- To adhere to Brigstowe's policies and procedures,

Skills, Qualities and Experience:

- Be living with HIV and willing to share your personal experiences with others.
- A friendly and approachable manner and the ability to build rapport with others.
- Ability to work in a non-judgmental, non-confrontational manner.
- To be able to show empathy for others.
- To be reliable and committed.
- To be a good listener and able to communicate effectively verbally and in writing.
- Respect and commitment to diversity and equal opportunities.
- An understanding of working with vulnerable adults is desirable.

Training & Support Provided:

- Peer Mentoring 4-day training course & individual induction.
- Regular 1-2-1 support with a senior mentor and monthly group supervision sessions.
- Mirco-training workshops as part of Group Supervision 3-4 times a year.
- Reimbursement of out-of-pocket expenses (up to a reasonable amount).

Skills and Experience likely to be developed from the role and the training provided:

- An understanding of supporting people living with and affected by HIV.
- Knowledge of HIV treatment.
- Transferrable skills, such as communication, empathy, active listening, maintaining boundaries, and goal setting.
- The opportunity to build meaningful and mutually beneficial relationships with others living with HIV