**Self-Management Group Co-Facilitator Role Description**

**Introduction**

**Role title:** Self-Management Group Co-Facilitator

**Based at**: Southwark Wellbeing Hub, [29 Peckham Road, London SE5 8UA](https://www.bing.com/local?lid=YN1029x17454349498589373776&id=YN1029x17454349498589373776&q=Together+Southwark+Wellbeing+Hub&name=Together+Southwark+Wellbeing+Hub&cp=51.47415542602539%7e-0.08319679647684097&ppois=51.47415542602539_-0.08319679647684097_Together+Southwark+Wellbeing+Hub)

**What we do:**

The Southwark Wellbeing Hub provides a range of wellbeing workshops and groups that support people with lived experience of mental ill- health to discuss their experiences and learn new coping strategies. We also provide information and support to any Southwark resident, or those with a GP registered in Southwark, who is worried about their own wellbeing or someone close to them, and help them find the right services to support them.

**How you can make a difference:**

As a Co-Facilitator of the Self-management Group you will have the opportunity to support service users to build a toolkit full of resources and techniques that can support them in managing their own wellbeing. In this role you can use your own unique experiences and skills to make personal difference to those using the service.

**About this role**

As a Peer Supporter, your lived experience of mental distress will be at the heart of your role. You will use your own experiences to empathise with and support people who are experiencing mental distress, sharing your lived experience in an appropriate way to express empathy and hopefulness. This will involve sharing skills and techniques to help people identify their own self-management tools and ways of moving forward with life.

With guidance from your Peer Support Co-Ordinator, you will support people in a way that is led by them and suits your strengths and skills. All of what you do will draw on your lived experience in an appropriate way and this will include:

* Leading core pre-set content for 4 sessions (Tuesdays 12:30 – 4:30pm)
* Leading 4 “follow up” Group Peer Support sessions
* Organising Further Group Peer Support sessions run by the peer group (dates/times to be agreed by each group)
* Identifying local services and activities that someone might want to access, researching relevant resources to bring to the group
* Supporting less experienced peer supporters in their role
* Attending and contributing to regular supervision and Peer Supporter team meetings
* Working alongside service users, others peers and staff to develop peer support in the services

We welcome your suggestions of ways to provide peer support. The important thing is that you are drawing on your own experiences of mental distress and/or using mental health services to support others. Training and support will be provided to help you in your role as a Peer Supporter.

**Who are we looking for? Your skills, knowledge and experience**

* Personal experience of mental distress and/or using mental health services, past or present.
* Ability to share personal experiences of mental distress and self-management strategies as/when appropriate
* Passionate about empowering people experiencing mental distress, peer support and service user leaderships.
* Good ability to communicate and engage in a respectful and non-judgemental way with a range of people who use mental health services.
* Excellent active listening and interpersonal skills; empathy, kindness and patience
* Ability to problem solve, be proactive and resourceful when supporting people
* Ability to deal with all enquiries tactfully, sensitively and on a confidential basis
* A willingness to engage in learning and development and an ability to self-reflect.

**What you can expect to get out of the role**

As a peer support volunteer you will have access to regular supervision and ongoing support and guidance from your Peer Support Co-Ordinator. You can go to them with any issues or questions about peer support and you will work with them to develop and use your skills as a Peer Support Volunteer in a way that benefits you and the people you are supporting.

This role is a good opportunity to gain experience, build confidence and learn new skills all the while giving back and supporting others. There will be training and on-going learning and development opportunities available to you through on-line and/or classroom learning.

Any reasonable out of pocket expenses incurred within your role will be reimbursed.

**How to apply and what next**

If you have would like to apply, please contact the Peer Support Co-Ordinator below with the completed application form. If you have any questions at all or wish to discuss this role further, feel free to send an email to the address below.

**Name: Amy Hodgkinson**

**Position: Peer Support Co-Ordinator**

**Telephone:** 07597575546

**Email:** amy-hodgkinson@together-uk.org

**Address:** Southwark Wellbeing Hub, [29 Peckham Road, London SE5 8UA](https://www.bing.com/local?lid=YN1029x17454349498589373776&id=YN1029x17454349498589373776&q=Together+Southwark+Wellbeing+Hub&name=Together+Southwark+Wellbeing+Hub&cp=51.47415542602539%7e-0.08319679647684097&ppois=51.47415542602539_-0.08319679647684097_Together+Southwark+Wellbeing+Hub)