

**LEWISHAM
WELLBEING
HUB**

together
FOR MENTAL WELLBEING



Become a Peer support volunteer



VOLUNTEER ROLE – PEER SUPPORTER

*Would you like to draw on your experience of mental distress to support others?
Would you like to develop new skills and build relationships with likeminded individuals?
Would you like to be a volunteer in our Peer Support Team at the Lewisham Wellbeing Hub.*

Lewisham Wellbeing Hub is part of Together for Mental Wellbeing, a national charity that works alongside people experiencing mental distress on their journey towards independent and fulfilling lives.

Peer Support has been an integral part of our organisation since 2012. Our unique Peer Support model and principles have been developed by those with lived experience of mental distress and are grounded in our ethos as an organisation; to empower people with lived experience to have choice and control around their care and support.

Personal Skills and Qualities

We are looking for a person who is willing and able to draw on their lived experience of mental distress to support others. It is important that our Peer Supporters at Together are friendly, non-judgemental, open minded and able to demonstrate a willingness to learn with a commitment to their own development and wellbeing. Working with and contributing to the team at Lewisham Wellbeing Hub is an also important part of this role to support the development and integration of peer support within the service.

What you might do as a Peer Supporter

- Co-facilitate Self-Management Groups
- Run peer-led groups and social meet ups
- Support with delivering peer support training
- Co-interview for peer support roles

What this role can offer

- Peer Support 3-day training course & induction to the organisation
- An encouraging and supportive environment
- Regular supervision and team meetings
- On-going training and development opportunities

What our Peer Supporters tell us they get from the role....

- *It has helped me to build confidence*
- *Supports my wellbeing by having somewhere to be and something to do*
- *It's good to use my difficult experiences for something positive*
- *Connection with like-minded people -it's good to feel part of a team*
- *Given me experience to move to a Peer Support Worker role*

Sound interesting? Want to find out more?

Either our Duty line on 02086096747 or email

Lewisham Wellbeing Hub lewisham-wellbeing-hub@together-uk.org
for an informal chat or to request a full role description and application form.