



Peer Supporter

Role description

Main Purpose

Quo Vadis Trust provides social housing, care & support for people in South East London living with mental health needs.

We provide a supportive living environment for adults who are at risk. We work in partnership with our clients to support recovery, increase independence, maximise potential and promote the best possible quality of life. Further information can be found here: <https://qvt.org.uk/>

Main purpose of the role

QVT has developed a Client Involvement and Empowerment Strategy, putting its clients at the centre of the delivery service.

We have developed a training program for clients to engage in different aspects of QVT service delivery.

Tasks include:

- Meeting and supporting other clients, helping to organise activities, and events.
- Facilitate one to one peer support sessions. Each session is 30- 45 minutes long.
- Co-facilitate groups peer support sessions. Sessions are held once a week at Verdant Lane and by appointment in the community schemes, each session is 1-2 hours. The groups will consist of 2 to 3 participants and 2 volunteers. These sessions are structured but informal and fun, and you will be supporting people who want to learn social skills and help them to feel part of a group.
- Complete clear and accurate session logs records

Training

Volunteers will receive the necessary training to develop the rights skills. Everyone will be briefed and have the right knowledge about key policies.

Training Include:

- Receive full training including Induction, Supervision.
- Recovery Star Chart
- Motivational and Empowerment training
- Professional boundaries
- Confidentiality
- Equality and Diversity
- Peer support training

Level of commitment

QVT required at least a commitment of 3 months, 3.5 hours a week.

This role would suit someone who:

- Has a keen interest in having their say and contribute to creating QVT team
- Creative and caring
- Versatile and friendly approach in communication
- Trustworthy, non-judgemental and empathic
- Able to work in a team
- Person who is open-minded enjoys meeting new people from different backgrounds
- Person who wants to develop skills concerning communication, client engagement and recovery.
- Good experience for those pursuing a career in coaching.

QVT offers volunteers:

- A supportive, learning environment and the opportunity to gain valuable experience in engaging with QVT candidates
- Reimbursement of travel expenses within Greater London; lunch expenses if volunteering a full day or tea/ coffee and biscuits for shorter time.

To express an interest:

Please send an email to volunteers@qvt.org.uk

The position is subject to a DBS check post interview.

NB. Please mark name of role in the subject line of your email.