



Peer Supporter

Main Purpose

Quo Vadis Trust provides social housing, care & support for people in South East London and Croydon, 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/client-volunteering-vacancies/>

Main purpose of the role

- Working as a volunteer Peer Supporter can be a very rewarding experience. Peer Supporters provide emotional and practical assistance to individuals navigating mental health challenges, substance abuse, or other life difficulties, drawing on their own lived experiences to offer support, guidance, and hope. Peer Supporters also welcome new clients into the accommodation, share information, and provide peer support.

Peer Supporter Role:

- Facilitate one-to-one peer support sessions, structured to support individuals seeking to gain new skills such as communication and social skills, as well as recovery and wellbeing knowledge.
- Meet new people moving into our schemes on request and share knowledge and information about living in QVT.
- Help to organise activities and occasional events with team members
- Complete, clear, and accurate session log records on our system.
- Can commit to a minimum of 2 hours a week or 6 hours a month.

This role would suit someone who:

- Has a keen interest in contributing to the QVT team
- Trustworthy, non-judgmental and empathic
- Is able to pay attention to what others are saying, effectively communicate information, build rapport with other people living in the schemes, and facilitate discussions.
- Is happy to speak about the needs and rights of individuals and promote their well-being
- Can help individuals identify challenges and develop strategies for overcoming them
- Can maintain professional boundaries and respect the limits of the peer support role
- Is flexible and well-organised, as they will need to manage appointments.
- Is aware of and responsive to the diverse backgrounds and experiences of clients
- Has IT and admin skills or is eager to learn them.

Benefits of volunteering with QVT

- Volunteers will receive the necessary training to develop the right skills and knowledge, including safeguarding, Equality and Diversity, professional boundaries and mental health and wellbeing training.
- A supportive, learning environment and the opportunity to gain valuable experience working in partnership with other peer supporters and QVT staff.
- QVT reimburses travel expenses; volunteers receive a Lewisham Contributor Card.

To express an interest:

- Send an email to Volunteers@qvt.org.uk
- The position is subject to a DBS check

