**Volunteer Role Specification**

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| **Post** | Volunteer Perinatal Peer Mentor |
| **Location** | Across Cambridgeshire – Fenland, Peterborough and Huntingdon areas |
| **Line Manager** | Perinatal Manager/ Perinatal Service Co-Ordinator |
| **Hours** | Up to 3 hours per week |
| **Main Objective** | A Volunteer Perinatal Peer Mentor uses their own lived experience of recovery from mental health challenges to support someone else on their recovery. |

Vision

Our vision is a society in which everyone has positive mental health and feels part of a connected community.

Mission

Our mission is to:

* support those with poor mental health to live well, whatever that means for them
* enable people to maintain positive mental health, especially those who are going through tough times
* inspire connections and eliminate stigma within our communities for the benefit of everyone’s mental health

Values

Our values are central to everything we do. They define us as an organisation.

* Respect
* Empowerment
* Inclusivity
* Integrity
* Courage
* Compassion

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| **Special Requirements** |
| This post requires a female applicant and is therefore exempt under schedule 9, part 1 of the Equality Act 2010 |
| **Specific Duties and Responsibilities** |
| Within CPSL Mind’s Perinatal Service our trained Perinatal Peer Mentors ‘walk alongside’ individuals on their recovery journey as they work towards specific personal goals, this can be either 1:1 support or within a group setting.  Both 1:1 and group support will involve meeting up either face to face or within the community or online.  Examples of support can include:   * To encourage individuals to attend support groups within their local community * Pursuing a hobby/volunteering or further education opportunities * Joining a regular community activity * To welcome individuals and facilitate conversations * To be aware of individuals who may need some time out​ * Use own experiences to encourage and support attendees/individuals ​ * To support the member of staff in delivery   As a trained Perinatal Peer Mentor, you will be matched to a mentee who is most likely to benefit from the lived experience that you bring to the role and/or placed into a peer support group/1:1 that suits your skill set and experience.  The training and support we provide will equip you to support your mentee/group by sharing your lived experience in a safe and open way, while recognising the strengths, potential and personal choices of the people you are supporting. Our PPM (Perinatal Peer Mentor) will encourage group members to support each other and ensure there is a safe space for everyone. |

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| Recruitment process |
| Perinatal Peer Mentoring can be a challenging role and will not be a suitable volunteering opportunity for everyone. Our recruitment process is designed to ensure that those taking up the opportunity are fully aware of what is involved in the role and are in the right place in their own journey to do so.  The first stage of the process involves:   * Attend “is this for me” online session where you can ask any questions and hear more about the role to make sure it’s suitable for you. * An online/face to face informal interview   Individuals accepted onto the programme will then be invited to take part in our six-session Peer Mentor Volunteer Training Programme. All trainee mentors will be asked to commit to attending these sessions in full – and to complete any home reflection activities set as part of the training. This is in addition to online mandatory training. |

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| **General Responsibilities** |
| Quality   * Work within all relevant policies and procedures at all times. * Have due regard for health and safety and security in the workplace and contribute to raising awareness. |
| Services   * Have a willingness to learn all of CPSL Mind projects and services. |
| People   * Work in ways that reflect CPSL Mind’s values and the principle that ‘every interaction matters’. * Have positive approach to mental health, wellbeing and tackling mental health-related stigma. * Develop personal skills to improve performance and knowledge. |
| Performance   * Actively participate in all training relevant to the delivery of this role. * Participate in regular line management, one to ones and annual appraisals. |
| Resources   * Pro-actively manage limited resources. |
| Information   * Manage all data in accordance with the provisions of all current Data Protection legislation. |

Person Specification

Volunteer Perinatal Support

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| **Competency** | **Essential** | **Desirable** | |
| Awareness and understanding of how perinatal mental health problems affect people | √ | |  |
| Excellent communication skills | √ | |  |
| Excellent facilitation skills, utilising a strengths-based approach | √ | |  |
| An active member of the team; supportive, collaborative and genuine | √ | |  |
| An understanding of issues relating to Risk Assessment, Safeguarding of Vulnerable Adults and Child Protection |  | | √ |
| Self-aware, with an ability to manage own wellbeing | √ | |  |
| Ability to engage in individual and group supervision | √ | |  |
| An ability to always maintain confidentiality and act with discretion and diplomacy | √ | |  |
| An alignment with our values and behaviours | √ | |  |

**Important dates:**

Applications Closing Date – 6th January 2025

Informal interviews – Week commencing 13th January 2025

**Training Sessions:**

Session 1 – Thursday 6th February 2025 online

Session 2 – Thursday 13th February 2025 online

Session 3- Thursday 27th February 2025 online

Session 4 – Thursday 6th March 2025 online

Session 5 – Thursday 13th March 2025 online

Session 6 – Thursday 20th March 2025 – Face to Face (location dependant on volunteers' collective locations)

The online training will be in 3 hour sessions from 9:30am to 12:30pm