



Peer Facilitator Volunteer Role Description

Role title: Peer Facilitator

Role summary: You will be supporting the Recovery College which aims to support people with Mental ill health towards recovery. As a workshop facilitator you will co- lead sessions that could be information sharing and discussion based or creative and active (we are open to other skills and ideas too). You will bring skills of your own to share and work with our staff to design workshops that align with our aims. You will provide engaging and thought-provoking sessions that focus on building people's resilience, confidence and knowledge. Outside of the sessions, you may have the opportunity to promote and coordinate the sessions provided. You will follow a coaching model that maximises productivity of members by encouraging self-reflection and independence throughout.

Hours: Average 4 hours per week; able to commit for a minimum of 6 months

Responsible to: Recovery College Leads

Based at: Mind in Bexley and various locations throughout Bexley borough

Key Tasks:

1. To act as a peer facilitator for people wishing to regain quality of life whilst recovering from mental health issues
2. To conduct training/ facilitating or group coaching sessions
3. To attend designated training
4. To attend one to one supervision – or attend regular group supervision as required

Key Qualities:

1. To have good interpersonal and communication skills
2. To be empathetic, non-judgemental and open minded
3. To be able to respect confidentiality and boundaries
4. Experience facilitating group sessions or a keen interest and ability to learn facilitation skills
5. Creative, active or discussion skill to share
6. Warmth, friendliness and excellent communication skills
7. Ability to form strong relationships and discussions with a variety of adults
8. Proactive, confident and personable approach