



Job Title: Peer Advisor

Salary: £24,102

Hours: 37.5 hours per week

Holidays: 35 days per annum, including public holidays

Location: Hybrid model with home working and across various sites in London Borough of Bexley

Contract Length: 12 months, possible extension

About Mind in Bexley

We believe no one should have to face a mental health problem alone. We work to reduce the stigma associated with mental health, support people in their recovery and champion better services for all. We believe that with the right support and resources everybody can create a life that feels meaningful irrespective of the presence of symptoms. Mind in Bexley is a local Mind mental health charity offering an extensive range of support, advice, and information to communities in Bexley and East Kent. The purpose and objects of the charity is 'to promote the preservation and the safeguarding of mental health and the relief of persons suffering from mental disorder'. We promote well-being and work to reduce poor mental health and the stigma associated with it. We support people in their recovery and champion better services for everyone. We seek to meet these purposes by undertaking a wide range of therapeutic and non-clinical mental health activities within Bexley and East Kent, including direct therapeutic support of individuals, advice, advocacy, recovery and employment services, and campaigning to reduce the stigma of mental health and to raise awareness of mental health issues. Mind in Bexley are contracted by the Bexley Clinical Commissioning Group to provide the NHS funded IAPT Service for Bexley.

Purpose of the role:

This is an exciting role for someone who wants to make real change happen. The main purpose of this role is to support service users to establish greater control over their lives, helping to identify aspects of life that give meaning, hope, value and purpose whilst recognising that each individual's journey is a distinctive and deeply personal process.

Responsibilities

If you are a proactive change-maker who enjoys big challenges and rewarding work, we can offer a collaborative, supportive working environment, and the opportunity to be at the heart of creating new systems of care and support which go beyond the job description.

The role of a Peer Support Worker has been developed specifically for people who have



lived experience of mental health and are able to use their experience to offer empathy and understanding to others.

To encourage, inspire, motivate and support people who access the service. Working alongside the wider Mind in Bexley network of services, you will assist in carrying out a comprehensive and holistic assessment and developing a safety plan to promote the person's ability to engage with appropriate services.

Key Tasks

- Provide opportunities for individual service users to direct their own recovery journey
- Model/mentor a recovery process and demonstrate coping skills, using own experience of recovery to inspire hope
- Use a person-centred approach to enable the service user to access a range of services and activities to successfully achieve their recovery goals
- Assist and advise individuals in managing their own mental health on a day to day basis.
- Provide 1-2-1 support; encourage independence, goal setting and understanding
- Positively promote recovery by making links with community resources and supporting service users to access them
- Support the team in promoting the role of Peer Support Worker
- Participate in regular supervision with manager
- Engage and contribute within team meetings, individual appraisal and setting personal development goals within the job
- Provide accurate and up-to-date oral/written reports on the clients' care and outcomes of care objectives.
- Maintain confidentiality at all times in line with policy
- Maintain and update training as required.

Person Specification (shortlisting requirements)

- Relevant experience of providing support to individuals with mental health needs
- Personal experience of living with poor mental health
- Well- developed listening skills and effective verbal communication skills to be able to engage appropriately with service users in crisis, carers, and colleagues, statutory and voluntary agencies, both face to face and by telephone.
- Knowledge of recovery tools, mental health and wellbeing support and services available in the local area
- Ability to assess needs, risks and aspirations and identify appropriate sign posting.
- Good IT skills that include a working knowledge of functions in MS Word, Outlook, Power point, Excel, Publisher and social media.
- Knowledge and understanding of safeguarding issues and ability to address them appropriately.



- Ability to engage and motivate individuals accessing support.
- Good organisational skills and a team player.
- Commitment to working within Mind in Bexley's code of conduct, equalities and safeguarding policies
- Ability to work as part of a team and on your own initiative, to plan and prioritise your own workload

Please note that an enhanced DBS check for working with adults will be applied for as part of the recruitment process for this role