



Volunteer role: Peer Support

Purpose of role

To use your own lived experience, or your caring experience, to improve the lives of other people experiencing mental health difficulties, disabilities, learning difficulties or long term health conditions.

Activities

You will be matched to an individual, or a group of people, living with mental health difficulties, disabilities, learning difficulties or long term health conditions, depending on your own experiences.

You could be involved in some or all of the following:

- Attend group support sessions, encouraging and supporting participants to engage in the session
- Supporting individuals to engage in planned activities or social events
- Befriending an individual.

Continued...

Further information and to apply contact Bromley Well on **020 8315 1905**
volunteering@bromleywell.org.uk **www.bromleywell.org.uk**

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Volunteer role: Peer Support

Skills and experience

- You will have lived experience of mental health difficulties, disabilities, learning difficulties or a longer term health problem, or you will have experience of being a carer
- You will need to be empathetic and have good verbal communication skills.

Training and support offered

Full, relevant, training is provided for this role, alongside regular support and supervision.

Benefits to volunteers

- You will gain a sense of satisfaction and achievement from helping other people
- Ongoing training will be available
- A reference maybe available after a qualifying period of time
- Out-of-pocket expenses may be reimbursed.

Want to find out more?

We'd love to hear from you, call 020 8315 1905 or email volunteering@bromleywell.org.uk to get started today!

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