JOB DESCRIPTION

**JOB TITLE: Peer Mentor**

**SALARY:**

**TERM:** Fixed Term 2 years

**LOCATION:**

###### HOURS OF WORK: 19 Hours per week

**RESPONSIBLE TO:** Community Resilience Lead

Main Purpose of the Job

To support young adults aged 16 – 25 years to take pro-active steps to improve the way they manage their mental health conditions, based on what matters to them as well as supporting them to develop their knowledge, skills and confidence through physical activity and sport. The Open Mental Health programme aims to work with young adults aged 16-25 years old who are transitioning out of childrens mental health services, or don’t meet the threshold for support with their mental health. The post will support young adults to foster a more positive view of themselves, raise aspirations and provide safe, fun and purposeful environments for them to feel more independent and empowered around their own mental health and engage positively in their communities.

You will be supporting young adults who have an interest in sport and being active to help them raise self-esteem and aspiration to make positive choices through joining specific sports clubs or other physically active community groups or developing their leadership skills.

As a peer mentor you will draw on your own life experience in offering support to the young adults you work with. You will support these young adults to grow their confidence and self-esteem as well as develop positive social networks through community groups and through the mentoring, understand their worth and grow their aspiration.

SASP/2BU/Minehead Eye/ Young Somerset/Conquest and FUSE Performance offer a supportive environment, training, regular supervision and appraisal.

Summary of Responsibilities and Key Duties of the Job

* To work closely as part of a team within SASP and with partners within the wider Open Mental Health project
* Be an active listener and offer support and encouragement when appropriate.
* Support, guide, empower and motivate young adults to support their own mental health through positive choices.
* Provide healthy, trusting relationship through clear communication and setting appropriate boundaries.
* Create a safe environment essential to successfully facilitate the mentor/mentee relationship.
* Provide appropriate levels of mentoring, support, advice and guidance to young adults.
* Support young adults to make connection to new groups to provide belonging, safety, positive experiences and new friendships.
* Engage young adults in their communities positively.
* Be non-judgemental when working with the young person and build trust and rapport.
* Acknowledge their strengths and encouraging them to find ways to use them.
* Support young adults in articulating their views on issues which affect them and act as advocates on their behalf.
* To undertake training and development activities relevant to the post.
* To maintain electronic and paper records, files, databases for collecting reporting, monitoring and evaluation data.
* To ensure events and activities take place in a safe way, ensuring risk assessments are in place and Health and Safety is attended to at all times.
* To promote all relevant initiatives by relevant agencies to encourage networking, communication, friendship, recovery, increased confidence and self-esteem of young adults.
* To report all activities in regular feedback to the project manager and follow policies including confidentiality and safeguarding, reporting all risks to the project manager.
* Attend regular supervision meetings according to the role.
* To build and maintain a working knowledge of our own and other organisation’s services in order to refer clients, where appropriate to the best information, advice or support. As well as knowing how to and where to refer young people and families, for more in-depth information, advice and extra support.
* To have good IT and social media skills.
* Perform any other duties as reasonably required.

General Information

All work performed/duties undertaken must be carried out in accordance with relevant SASP policies and procedures, within legislation, and with regard to the needs of our customers and the diverse community we serve.

Date: 2nd April 2022

**PERSON SPECIFICATION**

|  |
| --- |
| JOB REQUIREMENTS ESSENTIAL/ DESIRABLE   |
| Knowledge  |  |
| 1.A good understandingof the evidence base attached to the efficacy of physical activity on improving physical and mental health | Essential |
| 2. An understanding of the barriers preventing people from participating in physical activity and adopting healthy lifestyles. | Essential |
| 3. Establishing and developing partnerships with community groups | Desirable |
| Skills and Abilities |  |
| 4. Able to organise and prioritise effectively  | Essential |
| 5. Demonstratable skills in supporting behaviour change | Essential |
| 6. A commitment to equality and diversity in working practices, with the ability to embed this across all aspects of work. | Essential |
| 7. Able to work effectively with computer based programmes such as Microsoft Excel, PowerPoint and Word. | Essential |
| 8. Ability to travel across multiple sites | Essential |
| 9. Ability to work flexible hours and travel out of area as necessary | Essential |
| Experience  |  |
| 10. Experience of using coaching approaches and models or other helping strategies e.g. motivational interviewing | Essential |
| 11. Experience of working in a multi-disciplinary team or a health and social care /community development setting or similar | Desirable |
| 12. Experience of working in physical activity and/or health and well-being | Desirable |
| Educational |  |
| 13. Relevant degree or other relevant qualifications related to health coaching | Essential |
| 14. Register of Exercise professional (REPs) Level 2 | Desirable |
| 15. Valid driving licence and access to personal transport | Essential  |
| Work-related Personal Qualities |  |
| 16. Good communicator and influencer, able to build rapport with people easily | Essential |
| 17. Able to inspire confidence in others | Essential |
| 18. Operates with integrity and openness | Essential |
| 19. Reflective, self aware and kind | Essential |