

HealthMakers Volunteer – Online Peer Support

We're looking for people to provide online support, via Microsoft Teams.

You will help others become more confident and skilled in their ability to improve their own physical and mental wellbeing through peer support and self-management skills. You will assist in the delivery of our online Pop-In Café support groups and attending online volunteer meetings. You will work with people with different cultural backgrounds and ages and should be committed to equal opportunities.

You will also attend monthly online volunteer meetings.

We're looking for a commitment of at least 4 hours monthly, which would cover support for two Pop-In Cafés each month and attendance at our monthly volunteer meeting.

- Tuesdays from 1.15pm to 4.45pm
- Thursdays from 10.45am to 12.15pm

Key tasks

- Hosting, or supporting, our twice weekly Online Pop-In Cafés
- Attending monthly volunteers meeting

Details of any specific skills/personal qualities required

- Minimum age 18 years
- Use lived experience to offer understanding and peer support to service user
- Ability to role model good self-management skills to service users
- Computer literate and comfortable using online video conferencing tools such as Teams
- Excellent listening and verbal communication skills to provide good patient experience
- Non-judgemental and empathic in order to be supportive and sensitive to the needs of others
- Be able to respect & maintain confidentiality
- To be aware of the duty of care that we have for our patients
- A willingness to provide constructive and ongoing feedback

What you can gain from the role

- Build on your existing self-care skills and learn more about the principals and practice of self-management, through ongoing training and development from the HealthMakers team
- Contribute to the HealthMakers community, to make a real difference to people's lives

For further information or to apply, please contact:

Karen Owen, HealthMakers Peer Support and Volunteer Co-Ordinator

Call 01189 041931 or 07866 004791

Email healthmakers@berkshire.nhs.uk or karen.owen@berkshire.nhs.uk