# 1-1 Peer Support Worker

# A picture containing dark  Description automatically generatedAbout the role

Do you have lived experience of mental ill health?

Are you able to use this experience, your knowledge and skills, to support another person in their recovery journey?

Our Peer Support Service works with people just coming out of Foss Park Hospital, as well as supporting people in the community with ‘unmet’ Mental Health (MH) needs. Having support from someone who ‘really knows what MH is like’-can make all the difference!

We are looking for **peer supporters** from a range of backgrounds and experiences, so please don’t think this is not you – you might be exactly the type of person we are looking for. Our team at York Mind will provide you with full training and ongoing support.

As a **peer supporter**, you would provide 1-1 support to individuals leaving Foss Park Hospital, or via our York Mental Health Hub offer. This support could be for a range of issues, including improving the person’s health and wellbeing, access to community activities, helping to tackle loneliness, or just being a listening ear. Flexibility is key in this role.

This is an exciting opportunity for people who have a genuine interest in using their lived experience to support others, enjoy working as part of a team, and wish to be part of a new way of working in York.

Successful applicants are required to attend York Mind`s compulsory training and be subject to a Disclosure and Barring Service Check (DBS).

## Job Description

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| Job Title: | 1-1 Peer Support Worker |
| Hours: | 3 hrs per week (days flexible to meet demand)*Example working pattern:** *Monday 10:30 – 11:30 – one hour session with client*
* *Monday 14:30-15:30– one hour session with client*
* *Thursday 09:00 – 10:00 – Typing up case notes*

**\*\*Due to increasing service delivery in this area, there may be additional hours available in the future** |
| Salary:  | *£23,927 pro rata per annum based on an FTE 37.5 hours per week*. |
| Responsible to: | Peer Support and Social Prescribing Manager |
| Responsible for: | n/a |
| Office Based/Hybrid Working  | Sessions take place in the community; some may take place at Highcliffe House, York Mental Health Hub, and Foss Park Hospital. Venues are negotiated with clients (delivery is not permitted in clients’ own homes). |
| Aim of the post: | To deliver 1-1, person- centred support to individuals leaving Foss Park Hospital and/ or clients of the York Mental Health Hub. To support a person’s Mental Health recovery and promote well-being and social connections. |
| Main deliverables: |
| 1. To deliver 1-1 peer support to individuals leaving Foss Park Hospital and/ or clients of the York Mental Health Hub.
2. Work within York Mind values.
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| Main duties: |
| 1 - To act as a peer support worker for clients referred to the service (matched by the Peer Support and Social Prescribing Manager).* Manage a caseload of clients to deliver 1-1 peer support sessions in line with the programme model.
* Meet with peer support clients at agreed days and times.
* Complete accurate session notes to a high standard, using electronic word documents (Microsoft Word) and ensure that important information is communicated to the Peer Support and Social Prescribing Manager for dissemination to wider partnership teams.
* Ensure that the Peer Support and Social Prescribing Manager is kept up to date with the day-to-day Peer support being offered and escalate any potential safeguarding issues, or other concerns.
* Where relevant, support practical needs. This could include attending appointments, or researching options for your client in terms of services, support or activities.
* Be proactive in gathering evaluation feedback and case studies for inclusion in project report writing.
* Maintain strong professional boundaries when working with clients.
* Contribute to the peer supporter community, via group supervision sessions and online communications via email and Flock.
* Share understanding from personal experience, learning, and insight.

2 - Work within York Mind values.* Ensure a commitment to quality, working within York Mind’s policies and procedures.
* Actively engaging within supervision.
* Contribute to the wider development of York Mind.
* Be a champion for mental health.

The post holder will carry out any other duties, which are within the scope, spirit and purpose of the job, as requested by the line manager.If duties and responsibilities change, the job description will be reviewed and amended in consultation with the post holder.  |

## Person Specification

Don’t just tell us how you meet the specification – show us! Feel free to tell us about projects you’ve worked on, awards you’ve won, training you’ve undertaken, developments you contributed to. Feel free to add photos and videos.

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| **Knowledge, Skills and Experience** | **Where this will be evidenced Application (A), Interview (I), Exercise (E)**  |
| Experience of working with people who are struggling with their mental health in the community and may lack support | A/I |
| Passionate about mental health and well-being, with the ability to reflect on own mental health and how this may inform the support of others | A/I |
| Experience or ability to work with people who have recently been discharged from Foss Park Hospital | A/I |
| Willingness to work with other peer supporters in training and group supervision to share best practice and seek support, and to have a reflective and proactive approach to professional development as a peer supporter | A/I |
| Experience and knowledge of working within safeguarding requirements  | A/I |
| Experience and understanding of the importance of boundaries within a worker/ client relationship | A/I |
| **Practical Skills**  |  |
| Demonstrate ability to juggle a busy workload with competing priorities | A/I |
| Ability to travel to and from appointments using public transport, own car, etc. | A/I |
| Experience in using IT platforms, including Microsoft Outlook, Word and ability to use messaging apps like FLOCK. | AI |
| **Values and Attitudes** |  |
| A commitment to the York Mind values | A/I |
| A commitment to work with the widest range of communities possible to make sure our organisation is representative and inclusive | A/I |
| Self-awareness of own competencies, practical needs and personal resilience, and willing to seek help with these where necessary | A/I |

**Our application process**

 We prefer to have a conversation with you about the role before you apply. We know application forms take ages to fill in, and you may also be worried that your skills and experience might not be a good fit.

We absolutely want to make our roles as accessible as we can to the widest range of applicants, so these conversations give you the opportunity to ask questions, check your skills and experience against the role, and find out more about the application process.

Book a phone conversation in with us before you apply, and we will talk you through the role, how your skills and experience might fit our job description and person specification, and talk you through how to complete the application form.

Please email **jamie.edwards@yorkmind.org.uk** to arrange an appointment time.

You don’t have to have this phone call if you’d prefer not to, but we recommend it. That way you know if what you can offer us is a good fit for the role, and you know what we will be looking for when we shortlist our applications.

**How to Apply:** Please submit your application form to **vacancies@yorkmind.org.uk** before the application deadline.

**Closing Date for applications:** **9am on Tuesday 14th January 2025**

Interview dates: **TBC**

### A picture containing plant  Description automatically generatedWhat we expect from our people

Our clients and colleagues are really important to us. We want York Mind to be a great place to work and to receive services from, so we have some expectations of our staff, which we have pulled from our values.

#### You will:

Put our clients at the heart of your work: Our clients are always front and centre of the decisions we make, and all the work we do is to enhance their lives, progress mental health awareness and reduce stigma. As part of the York Mind team, we will expect you to put clients at the centre of your work.

Be empathetic and compassionate: You feel able to walk alongside someone else and appreciate what they are going through, even if this is different to your own experience. You do this with compassion and kindness.

Value difference: Whether this is a protected characteristic. or a different point of view, you will embrace diversity and value the differences and contributions we all bring.

**Champion Equity:** Whenever you are representing York Mind, we expect you to be championing equity in mental health services, and equity across all communities for good quality mental health services.

**Be non-judgemental** – Mental health and wellbeing can be sensitive and challenging subjects. Everyone experiences mental health differently and we all bring a non-judgemental approach to our work. You may also need to challenge others stigmatising views in a gentle and non-judgemental way.

**Be open and transparent** – You’re honest with our clients about what help we can give, and open about our expectations of them. You give your views generously and equally listen to others.

**Be prepared to muck in! -** We’re a team and sometimes the unexpected happens. We expect all our people to support each other, and this might mean you end up doing something you didn’t expect to do, within reason!