



Peer Mentors/Befrienders

WLCA is looking to recruit volunteers who are interested in providing 1:1 support in a number of settings. WLCA Peer Mentors/Befrienders will provide regular 1:1 support to an individual with whom they have been matched, e.g.

- A young person seeking to enter the world of work and/or training
- Someone who has been out of work for an extended period – possibly due to ill health and/or disability – who is now seeking to re-enter the world of work, volunteering and/or training
- Someone over 50 who is experiencing health and/or wellbeing issues and needs support to access support services and/or social activities
- An elderly person who is socially isolated and needs a befriender to visit them and/or accompany them on outings or to access social activities
- Someone (of any age) who is experiencing poor health and wellbeing and needs a befriender to help them access services and wellbeing activities
- Individuals who require support with managing their finances

This support will normally involve weekly contact through a face to face meeting although contact may also be via phone and/or social media.

As a Volunteer Peer Mentor/Befriender, you will:

- Listen to your mentee
- Assist your mentee to complete an Outcomes Star (where appropriate)
- Encourage and support your mentee to take action to meet their aspirations/targets
- Share your life experiences – in particular your successes
- Give support, information and guidance when needed
- Point mentees to relevant support services and, where necessary, support them to access these

Training and Support

Peer Mentors/Befrienders will have access to a range of training appropriate to their role including e.g:

- Mentoring / Counselling
- Outcome Star
- Social Care
- Safeguarding

All Peer Mentors will have a named WLCA staff contact with whom they will meet regularly for support and guidance. There will also be opportunities to network informally with other Peer Mentors.

WLCA is looking for volunteers from all walks of life with the following qualities:

- Excellent listening skills
- Effective communication skills
- Sympathy, Understanding and Empathy
- Ability to work in a team
- Ability to maintain a high level of confidentiality

Time Requirement

There are no fixed hours for this role – these will be agreed with the Peer Mentor and the mentee. However, we anticipate an average commitment of 2-3 hours per week.

A DBS check will be required

Contact Details

If this sounds like something you are interested in or if you would like more information about the role please contact Saschan Fearon-Josephs on 01213842702 or email Saschan.Fearon-Josephs@wittonlodge.org.uk