

## Mums Matter Peer Support Volunteer Role

Manchester Mind is an independent Mental Health Charity. We have been supporting better mental health and delivering services for 30 years. We're here for the people of Manchester.

### Volunteering with us

Volunteering is a great way to build skills and grow in confidence whilst also helping others. We believe everyone has something to offer and we could not do what we do without our volunteers.

### Our Values

<b>Openness</b>	Being receptive to, and appreciative of, the skills, talents and perspectives of everyone
<b>Belonging</b>	Developing kind relationships that lead to feeling accepted, understood and able to contribute
<b>Strength</b>	Recognising and developing potential in others and ourselves, enabling resilience
<b>Collaboration</b>	Generous sharing of our resources, skills and talents enabled by clear and meaningful communication

### What is Mums Matter?

Mums Matter is a programme designed to support Mums with a child under 2 years old and who are experiencing depression, anxiety and low mood.

There are a total of eight sessions, six are structured around a self-care topic and include breathing techniques and a meditation. The last two sessions lead the group into continuing as a peer support group. An extra session is delivered for supporters and partners to help them understand how they can better support the person who is attending the programme.

### Peer Support Groups

The aim of the Mums Matter peer support group is to offer a safe place to share, understand and give mutual support to each other, following the structures sessions. Peer support connects and provides a confidential place where people can listen to each other without judgement. Through sharing and understanding, we create better wellbeing, increased self-esteem and confidence.

### Peer Support Volunteering

As a Manchester Mind Peer Support Volunteer, you will work as part of a team to offer support in a group setting, and occasionally on a 1 to 1 basis, to people with emotional and mental health problems. Volunteers check-in before the session and check-out after the session with the Mums Matter Coordinator. For face-to-face delivery, volunteers will also need time to prepare the venue space for the group and tidy up at the end. The aim is to create a mutually helpful, empowering and supportive relationship, using lived experience of mental health problems in a positive way.

## Training & Support

We aim to help you build skills and improve your wellbeing whilst volunteering. We hope you will learn new things and experience improvements managing your own mental wellbeing, whilst building connections with your local community.

You will receive a full induction and you will be supervised and supported by the Peer Support Development Worker. As a volunteer, you will have access to our wellbeing services and tools to help you manage your own mental health.

Any travel costs will be reimbursed.

## Criteria

- Have a lived experience of poor mental health
- An interest in supporting mental health and well-being
- Ability to relate and empathise
- Have good listening and communication skills
- Ability to be non-judgemental, self-aware, understanding, flexible, positive and supportive
- Respect the need for confidentiality
- Commitment to the Peer Support group agreements and peer support group values
- Ability to participate via Zoom with the privacy required
- Commitment to the aims and values of Manchester Mind
- Ability to look after oneself and to recognise to take a break if own health needs require it
- Commitment to follow safety protocols as stipulated in risk assessment

## Time commitments

Currently peer support group sessions take place by zoom. We ask volunteers to commit at least 3.5 hours each week for at least 6 months.

In addition there may be peer support volunteer meetings and training to attend.

## Location

Currently via remote delivery using Zoom. If face-to-face resumes, peer support sessions will take place in the North Manchester Area at locations still to be determined.

**Please note:** To protect our vulnerable service users, this role is subject to satisfactory disclosure from the Disclosure & Barring Service (DBS check) which we will fund on application.

We look forward to hearing from you.