

How to Apply

- Contact Julie now:

connolly579@btinternet.com

Mobile: 07999 460 521

- Come to one of our two sign up sessions:

**Southwark Resource Centre cafe,
10 Bradenham Close SE17 2QB**

Thursday 29th November 2018

3pm-4.30pm

and

**Dragon Cafe, St George The
Martyr, The Crypt, Borough High St,
London SE1 1JA**

Monday 10th December 2018

6.30pm - 8pm

**Visit the website
for updates**

<https://expertsbyexperience.wordpress.com/category/projects/peer-support-mentoring-in-southwark/>

DBS Checks

You will need to undertake an enhanced DBS check prior to starting work with LB Southwark as a Peer Mentor. Having something recorded will not usually affect your application.

Payments

- You will be paid PAYE £15 per hour gross (£11.92 net)
- You will be paid by People Plus who are a broker for LB Southwark
- You will be reimbursed for reasonable expenses working with your client(s)

Information and Questions

Please feel free to ask **Experts by Experience** any further questions.
Contact JULIE CONNOLLY

Invite us to come and talk to your group

A Guide To
Becoming a
Peer Mentor
in Southwark:

"A beacon of hope"



**Experts
by
Experience**



NHS **70**
Health Education England YEARS OF THE NHS 1948 - 2018

What Peer Mentors do

Mentors work to build a good relationship based on the needs and aspirations of the client

They:

- are a listening ear
- share experiences
- are non-judgmental
- share local knowledge
- share recovery story
- signpost
- liaise with services
- work to instil confidence
- offer encouragement
- can be an advocate
- can accompany outside the home

Peer Mentors have lived experience of mental ill-health

Our Clients

- May have complex needs
- May have been in "the system" a while
- May be viewed as "hard to reach"

Mentors experience

• Benefits to clients

"Having someone reliable turning up helps clients to plan more and become more organised"

"After our support our clients start taking more charge of their lives"

"They feel they belong as they have someone that cares about them, accepts them as they are and respects them"

"We allow clients to establish their own boundaries"

• Benefits to mentors

"I have learned to accept some things that cannot be changed"

"I learn a lot from clients – with a detached approach it helps me with my daughter"

"I developed more patience with this kind of approach"

"I have learnt to really appreciate the journey. This should be celebrated"

"I enjoy being my own boss and managing my own workload"

"I get practice using my talents. I feel peaceful, loving and joyful"

Support

LB Southwark Peer Mentors are invited to attend a monthly support group: our base is the Southwark Resource Centre at 10 Bradenham Close SE17 2QB.

We regularly review our activities and hear from external speakers.

This is also the main forum where new opportunities are discussed.

Eligibility

You will be working in Southwark.

You must have experienced mental ill-health and have some insight into your experiences.

If you live near Southwark you are welcome to apply, although travel expenses to and from your client are not paid.

Likely hours

You can have a number of clients.

Each client will be allocated a set number of hours (typically 1 – 5 per week).