

Volunteer role description: Peer Connector

Project: Moray Peer Connectors Project, April 2019 – March 2020

Supported by: Volunteer Supervisors & Project coordinator

Project information:

In four locality areas (Forres area, Elgin & Lossiemouth, Speyside, Buckie & Cullen), the project aims to harness life experiences in self-management and recovery to better connect, inspire and support community members as part of an integrated partnership approach in Moray.

Hours: Minimum 2h per month (plus training) - Expenses, supervision and training provided.

Role Overview (see diagram on page 2 for details)

Activities will focus on three key concepts in peer work – Mutuality, authenticity and intentionality. Both Peer Connectors and those they support, experience greater sense of connection, enhanced wellbeing and are empowered to make change in their lives.

What could I be doing?

1. Peer-mentoring: Meet a person who is feeling less empowered for an informal recovery focused chat shared peer experiences to increase hope.
2. Walk alongside: Accompany someone to a group, service or activity that you already use or would also like to attend.
3. Local support and partnership: Link up with a local team of other Peer Connectors to resource, connect and partner widely with services and groups.

Essential qualities & skills:

- ⇒ Champion of Moray Wellbeing Hub: Anyone from the community of Moray who shares our values is welcome to become a Champion and join the social movement at any time.
- ⇒ Commitment to mutuality: Interest in self-management and increasing their own wellbeing as well as supporting others.
- ⇒ Willing to undertake training & regularly connect with supervision support: Personal responsibility to opt out of the project at any time.
- ⇒ Interest in connecting to the local community: Learning more about resources and supports for wellbeing.
- ⇒ Respecting boundaries: Willing to negotiate, commit to and reflect on relationship boundaries.

