**Community Connector: Role information**

***A human resource supporting people to have more connected lives***

**The focus is:**

* A trade of human resource - one human supports another to engage and connect in their local community. In return they are also helped to connect.
* Community Connectors are all Champions of Moray Wellbeing Hub who share peer-values such as mutuality, intentionality and authenticity.
* Community Connectors are PVG checked (Protection of Vulnerable Groups) and are provided with orientation training and support by a local supervisor.
* A longer term hope is that some may even become friends or companions who support each other in their community to get the most from life.

**This is not:**

* Befriending: This is a role were someone volunteers to support someone in need. Whilst the befriender feels good when helping another person, this is not a mutual trade of equal support.
* Counselling: This is where a trained person supports another person using a talking therapy. Community Connectors may happen to have training in this, but they are not counsellors and are not insured to do this.
* Support work: Where someone helps with tasks like dressing, trips out to get shopping etc. This is usually a paid role, but some people do volunteer to deliver this and when they do there is a clear job description.
* A service: This is supported as a pilot approach until May 2020 by Wellbeing Connected Moray project hosted by Moray Wellbeing Hub CIC.

This role focuses on a \***mutual**\* relationship;

the role is to support someone where a mutual interest or activity brings them together. That connection can be used positively to inspire both individuals. Meeting up can take the form of going for a walk or coffee in the local cafe to support building up the relationship.

This could lead to attendance of a local group or activity, and connection to other individuals and where there is a mutual interest for both the Community Connectors and the Community Requesters.

Following CHIME

* Connections and interactions with other human beings
* Hope that relationships start to form outwith the Community Connectors / Community Requesters role
* Having a sense of identity within their own community regardless of lived experience
* Instilling a sense of meaning and purpose to progress in life
* Empower self and others to explore self, environment, community, group and activities.
* If the individuals require a buddy service, sign posting and support to access Moray council Buddy Service.

**Please make contact if you require support to complete this form**.

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| **ARE YOU LOOKING FOR A COMMUNITY CONNECTOR YES NO** |

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| --- | --- |
|  | |
| Name |  |
| Date of birth |  |
| Address |  |
| Postcode |  |
| Telephone No |  |
| Mobile No |  |
| Email address |  |

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| **WOULD YOU LIKE TO BE A COMMUNITY CONNECTOR YES NO** |

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| **Emergency Contacts** | |
| Name of Contact |  |
| Relationship |  |
| Address |  |
| Telephone No |  |
| Mobile Number |  |
| Email address |  |
| GP Practice (if applicable) |  |

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| **Please give a brief profile of yourself including any mobility issues you are presented with:** |
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| **These questions aim to give us more of an understanding of any long-term conditions you may have and how we can support you better when matched.**  **Please indicate any experience you have of the following:** |
| Have you had experience of diabetes, anxiety, panic attacks, bi-polar, body dysmorphia, depression, eating issues, loneliness? |
|  |
| What other conditions have you had experience of? |
|  |
| What helps you currently manage these life experiences? |
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| Is there anything particular you would like to try out or be involved in/attend as part of your local community? |
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| Is there anything specific you would like us to consider when matching? |
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| **What appeals to you about being matched?** |
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| **What would you like to achieve with your match?**  **Please tick (**✓) **as appropriate.** |  |
| Improved Wellbeing |  |
| Increased confidence and self-esteem |  |
| Participation in or engagement with local community activities |  |
| Increase access to other services, including mainstream sports, exercise, arts, cultural or other leisure groups or facilities |  |
| Develop and learn new skills |  |
| Reduce isolation and increase social inclusion, with an increase of social networks |  |
| Develop positive new relationships/friendships and/or strengthen existing relationships with family or friends |  |
| Increase levels of independence and increase sense of being in control of their own wellbeing and life. |  |
| Other (Please state) |  |

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| **Please tick (**✓) **all the boxes below that interest you. These activities are used to enable us to match you.** | | | | | |
| **Interests/Hobbies** | | **Sport** | | **Music** | |
| Antiques |  | Aerobics |  | Classical / Opera |  |
| Arts & Crafts |  | Badminton |  | Easy Listening |  |
| Bingo |  | Bowls |  | Light Classical |  |
| Cinema |  | Dancing |  | Rock and roll |  |
| Computers |  | Fishing |  | Musicals |  |
| Concerts |  | Football |  | Jazz/Blues |  |
| Puzzles |  | Horse Racing |  | Scottish |  |
| Cookery |  | Motor Racing |  | Folk |  |
| Religion |  | Snooker / Pool |  | Pop |  |
| Environment |  | Swimming |  | 1990s |  |
| DIY |  | Rugby |  | 1980s |  |
| Travel |  | Cricket |  | 1970s |  |
| Knitting/Sewing |  | Golf |  | 1960s |  |
| Gardening |  | Tennis |  | Country & Western |  |
| Local History |  | Board Games |  | Gospel |  |
| Pets |  | Table Tennis |  | Play instrument |  |
| Walking |  | Darts |  | Other type of music (Please note below) |  |
| Science fiction |  | Highland Games |  |  |
| Theatre |  | Horse Events |  |  |
| Charity Work |  | Agricultural Events |  |  |
| TV / DVD’s |  | Other sport ( Please note below) |  | Other interests? (Please note below) |  |
| Wildlife |  |  |  |
| Reading |  |  |  |
| Photography |  |  |  |

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| **How would you feel about connecting with someone who:** | | | |
| (Tick the boxes that apply) | Like | Dislike | Don`t mind |
| Smokes |  |  |  |
| Drinks |  |  |  |
| Swears |  |  |  |
| Has a pet |  |  |  |

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| Do you have any other strong likes or dislikes? | |
| **When is your preferred time of day or evening, week or weekend, to have your meet ups or are you flexible?** | **Where did you hear about this Community Connector / Requester resource?** |

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| **Community Connectors using vehicles** |  |  |
| **Transport Details** | **Yes** | **No** |
| Do you have a Driving Licence? |  |  |
| Do you have the use of a car? |  |  |

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| **Please Note, we are required to see:** | |
| **Vehicle Evidence** | **Comment** |
| Driving Licence |  |
| MOT Evidence |  |
| TAX Evidence |  |
| Insurance Document (with business use) |  |

Please fill in this form as best as you can and return all five pages to:

Jean Pryde, Moray Wellbeing Hub, Moray Resource Centre,

Maisondieu Road, Elgin IV30 1RX

Email: [jean@moraywellbeinghub.org.uk](mailto:jean@moraywellbeinghub.org.uk) or Tel: 01343 576219 (answer machine)

Please feel free to contact me with any questions on: [jean@moraywellbeinghub.org.uk](mailto:jean@moraywellbeinghub.org.uk)

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| Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­\_\_\_\_\_\_\_ Date \_\_\_­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Thank you for completing this form.

Moray Wellbeing is committed to an Equal Opportunities Policy and welcomes applications from all people regardless of age, social class, religion, gender, sexual orientation, race, or disability.

[Harnessing the power of life experience to change lives in Moray](http://www.moraywellbeinghub.org.uk)

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