**Community Connector: Role information & sign up form**

***A mutual human resource,***

***supporting people to have more connected lives***

**Community Connector activities look like….**

1. **Peer-mentoring:** Meet a person who is feeling less empowered for an informal recovery focused chat; over a cuppa or whilst on a walk sharing peer experiences and increasing hope.
2. **Walk alongside:** Attending of a local group or activity where there is a shared interest for both the Community Connectors and the Community Requester. Enjoying it together and both feeling more connected.
3. **Local support and partnership:** Linking up with local resources to create a new group or activity. Sign posting and supporting people to access resources such as the Moray Council Buddy Service if they require a different support.

**Community Connectors…**

* Spare a couple of hours a month to support fellow peers of life challenges in their local area. Expenses, supervision and training are provided.
* Are interested in self-management and increasing their own wellbeing as well as supporting others. Instilling a sense of meaning and purpose to progress in life.
* Are all Champions of Moray Wellbeing Hub who share peer-values such as mutuality, intentionality and authenticity- they take personal responsibility to opt out of the project at any time as appropriate.
* Are PVG checked (Protection of Vulnerable Groups), covered under insurance and are provided with orientation training and regular support by a local supervisor.
* Are trained by Moray Wellbeing Hub to have effective peer-support skills.
* May even become friends or companions in the long term who support each other in their community to get the most from life, but respect boundaries and are willing to negotiate, commit to and reflect on these.

*Community Connectors focus on a mutual trade of human resource - one human supports another to engage and connect in their local community. In return they are also helped to connect.*

**The role is not:**

* Befriending: This is a role where someone volunteers to support someone in need. Whilst the befriender may feel 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. Some 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 role is supported by project funding hosted by Moray Wellbeing Hub CIC. This means the focus of recruitment and promotion can change with fund focus. 2021 funders: NHS Grampian Endowment Fund and Communities Recovery Fund (Scottish Government via HIE).

**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** |
| **How did you about the Community Connector Project……………………………………………………………………………………………………………** |

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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 life challenges or long-term conditions you may have and how we can support you better when matched.****Please indicate any experience you have of the following:** |
| How has the COVID pandemic impacted you? For example, this could be around your connections, feeling hopeful or being empowered. |
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| What conditions or life challenges have you experienced? (examples: diabetes, panic attacks, eating issues, loneliness, low mood, loneliness, neurodiversity, parenting challenges, bullying, digital barriers, racism, being a carer etc) |
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| What helps you currently manage these life experiences / challenges? |
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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 your 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?** |

**PLEASE ONLY COMPLETE THE NEXT SECTION REGARDING VEHICLE USE IF YOU WISH TO BE A COMMUNITY CONNECTOR**

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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
hello@moraywellbeinghub.org.uk

Please feel free to contact **Jean** with any questions. Email: jean@moraywellbeinghub.org.uk

Tel: 01343 576219 (answer machine), Mobile: 07506489551

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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)

Get informed & get involved: Newsletter, campaigns, volunteering, events, groups, peer-support, training

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