**Oxford Health NHS Foundation Trust Volunteer Role Profile**

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| **Role Title** | Peer Support Trainee |
| **Role Location** | Oxfordshire Adult Mental Health Wards / Community Treatment Teams / Luther Street Medical Practice / Crisis resolution and home treatment (CRHT) teams |
| **Subject to DBS?** | Yes (Enhanced) |
| **Department** | Oxfordshire Adult Mental Health  |
| **Supervisor/Main Contact** | Will Gibson (Peer Support Coordinator)Team / Ward Manager (determined by placement location) |

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| **Purpose of Role:** |
| Oxford Health’s Peer Support Training is designed to equip people with lived experience of mental health problems with the skills and knowledge to support others in their recovery.Students who successfully complete the first stage (5 classroom days) of our Peer Support Training Programme will be offered a 30 hour voluntary trainee placement (5 hours p/w for 6 weeks). The purpose of the placement is to support the individual to practice and develop the skills taught in the training. It is also an opportunity for the trainee to experience working in a mental health setting in a Peer capacity.Completing the placement and the training detailed below is a pre-requisite to apply for the new (paid) Peer Support Worker jobs that will be advertised at the end of the training programme. Applicants for the paid positions will be required to demonstrate that they meet the Peer Support Practice Competencies (see training section below for details).  |

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| **Main Tasks of Role** (Volunteers may be asked to complete some or all of the below – this will be confirmed by the supervisor/main contact prior to starting): |
| Duties will vary depending on which department a Peer Support Trainee is based, but they will likely include practicing and developing the following skills:  * Working with patients to help with goal-setting using recovery focused model.
* Working with a multi – disciplinary mental health team.
* Building relationships with service users based on mutuality and support.
* Co-facilitating activity and discussion groups.
* Supporting patients to engage in social activity (including in the community).
* Assisting patients in building strong working relationships with clinical staff and navigate the mental health services.

All tasks undertaken during the placement are to be completed with the support and supervision of the clinical and non-clinical staff within the trainee’s team. Peer Support Trainees will be encouraged to draw on their existing skills, interests and lived experience of mental distress and there will be some scope for individuals to tailor the roles to their interests. As these are training positions for newly created posts we are still working with our teams and patient representatives to identify the specific duties a paid Peer Support Worker will be expected to carry out. In the spirit of co-production Peer Support Trainees are encouraged to share their views on how we can improve the experience of facilitating Peer Support in our teams, this may include suggesting additions or amendments to the aforementioned duties. |

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| **Training Required:** |
| Prior to being offered a 30 hour voluntary trainee placement applicants are required to have completed the following training:* **External training**: Completion of two Oxfordshire Recovery College courses
* Introduction to Recovery
* Understanding Mental Health
* **Internal training:**
* Oxford Health’s Peer Support Training. The first stage (5 classroom days) begins on 29th January 2020. As part of the second stage students will be required to attend 5 further single classroom days which will be held during the placement period. To be able to graduate the course students need to attend 80% of classroom days.

Peer Support Practice Competencies A competent Peer Supporter…1. Demonstrates an understanding of recovery principles and their application in care settings and services 2. Supports individuals to identify their own strengths and resourcefulness encouraging the person to use all of their strengths to aid their recovery 3. Draws on own experiences appropriately in conversations with staff and people using services 4. Writes recovery focussed accounts of work with people who use services 5. Discloses information about their life and lived experience appropriately. Maintains appropriate boundaries in their work with staff and people using services to keep themselves and the person they work with safe |

**Volunteering Agreement:**

* All volunteer roles with Oxford Health NHS Foundation Trust are in place to support and enhance the service offered by the Trust and do not replace staff positions.
* Volunteers are expected to follow instruction relating to their role and make a commitment to attend regularly or at agreed times to undertake the tasks outlined.
* All volunteers must ensure that confidentiality is maintained while undertaking the role and following completion of the role and this relates to any information (whether in writing, oral, visual or in electronic formats) and any matters of a confidential nature relating to the Trust, patients, visitors or staff. Volunteers must not divulge, either directly or indirectly, any confidential information except as authorised or required by law.
* All volunteers must comply with Trust policies and health and safety procedures in place.
* All volunteers are responsible for themselves and their personal property on Trust premises.
* In order to complete a Peer Support Trainee Placement applicants must consent to an Enhanced DBS check (Disclosure and Barring Service, previously known as CRB).

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| Signed by Volunteer |  |
| Date |  |
| Signed by Role Supervisor |  |
| Date |  |