

Peer Advocacy Project

Gaddum are aware of the barriers that those with mental health difficulties can face in accessing the right help, treatment or support. We are looking for volunteers who have their own experiences of mental health difficulties to join our Peer Advocacy Project.

What is a Peer Advocate?

A Peer Advocate is someone who uses their lived experience to work in partnership with another person to help them with issues and tasks that they are struggling to do on their own.

By drawing on their own personal experiences, Peer Advocates make others feel empowered to access services and protect their rights.

The Peer Advocacy Project aims to support people who, due to their mental health needs, may find it difficult to speak up on their own, know where to get help or understand what their rights are.

How to become a Peer Advocate:

- Do you have your own experience of mental health difficulties?
- Do you want to help other people with mental health difficulties to uphold their rights and access services?
- Would you like to use your experiences to help and empower others?
- Are you free 1-2 hours a week?

If you answered "yes" to the above, please see the Volunteer Peer Advocate role profile on the next page for more information.

Volunteer Peer Advocate Role description

Purpose: Gaddum has launched a Peer Advocacy Project and are looking for volunteers. If you have lived experience of mental health difficulties, and want to help other people in a similar position, we would love to hear from you.

Commitment: Flexible, ideally 1-2 hours per week. Weekday commitments.

Location: Community based in Manchester.

Main tasks:

- Providing 1:1 issue-based support to peers with mental health difficulties in community settings with tasks such as making and attending appointments, reading letters, making phone calls.
- Using your personal experiences of mental health difficulties to support others.
- Promoting self advocacy through empowerment.
- Managing a small caseload.

Working with: People in the community you are matched up to support, Peer Advocacy Project Worker, Volunteer Coordinator and Gaddum Staff.

Training and support: Induction and training on Advocacy skills will be provided prior to starting the role (1 full day training via Zoom) You will be provided with Advocacy Resources and have ongoing support from the Peer Advocacy Project Worker. Reasonable out of pocket expenses will be paid subject to the production of receipts.

Requirements:

- A lived experience of mental health difficulties.
- Good communication skills and a problem solving approach.
- Non-judgemental and empathetic attitude.
- Committed, reliable and the ability to travel independently around Manchester.
- A satisfactory DBS certificate.

Benefits:

- Support someone through shared experience.
- Learn new skills, gain confidence and empower yourself to self-advocate.

You can download a volunteer application form from our website: www.gaddumcentre.co.uk