



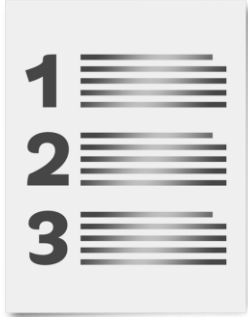


Peer Support Volunteer Role description

	<p>Role: Peer Support volunteer</p>
	<p>Reports to: Project Lead</p>
	<p>Location: In the Cardiff & RCT communities</p>
	<p>Time: Around 8 hours per month.</p>



What will you do?

You will be 1 of a group of 5-7 peer support volunteers in your circle.

You will meet in your circle every week (1-2 hours)

You will share your strengths, and the things you want to achieve.




You will help the other peer support volunteers, and they will help you.

Together you will work towards your shared goals.

You will agree 'group rules' with your circle.

You will meet with the Project lead for support and training.

You might do things with other peer support volunteers outside of support circle meetings, if you want to.

	<p>What's in it for you? Meet new people. Meet people and have fun. Try new things with others. Build your confidence, skills and experiences. Use your own skills, knowledge, strengths to support others in your group.</p>
	<p>Training You will have: An Ategi induction. Any other training you need for this role.</p>
	<p>Support You will meet with the project lead once per month.</p>