

We are looking for dedicated volunteers aged 50+ who can give a few hours a week to support older people to become more active.

One of the things that can help an individual to make a behaviour change is to meet someone who has “been there” and who has made some of those changes. A Senior Peer Mentor will bring their personal experiences and share their stories with others. Mentors will offer support to individuals beginning their physical activity and who are contemplating a lifestyle change. A Senior Peer Mentor is recruited from a similar community/demographic and understands the barriers to participation and what it takes to overcome them.

The Active Ageing Project is designed to train and support Volunteer Peer Mentors to assist individuals to take action towards improving the quality of their life.

This is a flexible role that gives you the opportunity to help people in a way that you are passionate about, from setting up support networks and activities, to befriending people to support them to try something new.

What does the Peer Mentor role involve?

The role of a Peer Mentor is:

- To discuss with and identify the participants needs
- To support and encourage them to take steps towards a healthier lifestyle
- Where necessary, to provide support and encouragement on a one-to-one basis, to enable individuals to make choices to improve their own health and well-being
- Explore ways for participants to meet new people
- To keep records as required
- To attend training sessions
- To attend regular support group meetings and individual support meetings
- To promote the concept of a healthy lifestyle

What knowledge does a Peer Mentor need?

As Peer Mentor, it would be beneficial (but not essential) for you to:

- Have first-hand experience of transitional life events e.g. retirement, divorce
- Understand how life events can impact on physical and mental health and / or wellbeing
- Be willing to find out about local services and activities and how to support individuals to use them

Personal qualities most suited to the role?

As a Peer Mentor, we ask that you:

- Can confidently talk to people face-to-face
- Are a good listener
- Can provide non-judgemental support and encouragement to people in difficult situations
- Are able to respect confidentiality even in difficult situations
- Are able to use your own experience to help others
- Enjoy meeting people
- Are friendly and enthusiastic
- Are reliable and committed

What can you gain from this role?

- A greater awareness of services and activities in your local area
- Training and support in areas such as understanding the barriers to social isolation and appropriate signposting
- Opportunity to use your skills and experience
- Opportunity to meet new people and have new networks

What you are not expected to do?

- Be an expert in physical activity and health
- Give medical advice
- Offer advice in personal matters
- Demonstrate or teach exercises

Support

You will be supported by the Active Ageing Coordinator who will ensure that your training and development needs are met, and provide ongoing support as needed.

Expenses

We will refund you for any reasonable expenses, such as travel and activity costs

Role Specific Training:

You will be required to attend training before you begin your role. The next round of training will take place from October onwards and each session will last no longer than 3 hours. This will cover areas such as having a good conversation, what is physical activity, the benefits of physical activity and ageing, the barriers to participation and more.

As this service involves home visiting, volunteers will be required to be engaged with specific training and procedures around personal safety and safe home visiting.

As some recording is required also training around recording and confidentiality.

Role Specific Limitations and Boundaries:

This service works primarily through contacts with vulnerable people and sometimes in their own homes. Volunteers must be aware that visits refers only to those that are scheduled with the agreement and awareness of the service lead and any visits not scheduled in this way are outside the project for support or insurance.

Volunteers must also be aware that before the use of their cars with clients, procedures must be followed and agreement of the service lead obtained.

Responsible to:

Active Ageing Lead, Gareth Ball

This Task Sheet must be read in conjunction with the Age UK Stockport General Guidance Sheet for Volunteers which contains additional important information.

We are committed to the protection of Vulnerable Adults.

