

# Sevenoaks Area Mind Peer Volunteering Scheme

The Peer Volunteering Scheme is for people recovering from Mental illness to use their experiences to assist others and to provide emotional or practical help to each other.

## The Process

- Speak to a member of the Day Services Team to register your interest.
- Complete a volunteering application form (appendix 1)
- References will be requested.
- CRB check requested.
- Training will be organised which will cover such areas as: communication skills, listening skills, boundaries, problem solving, confidentiality
- Plan to commence Peer Support Volunteering drawn up, support requirements identified and agreed.
- Review dates set.

## Our Current Peer Volunteer Led Projects

- The Tonbridge Drop In Club (appendix 2)

This is an opportunity to meet and socialise with others in a friendly and welcoming environment.

- Visualisation (appendix 3)

A member takes responsibility for preparing and leading the session

New suggestions and opportunities are always welcome.

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