



Peer Navigators at OTR

The Peer Navigator programme is a unique and exciting volunteering opportunity in which you can complete an AQA certificate in Adolescent Mental Health, while gaining direct experience of supporting young people across Bristol and South Gloucestershire.

As a Peer Navigator you'll be based within our OTR Hub which acts as a first point of contact for young people reaching out for support. You'll be trained to deliver strengths-based conversations with young people with the goal of helping them to make informed choices regarding their wellbeing, while acknowledging their current strengths.

It is a six month programme designed to give you an insight into the theories, culture and therapeutic approaches present at OTR, which is ideal for anyone looking to get into the field of mental health and wellbeing.

The Peer Navigator induction will start with a three-day mental health bootcamp in September (5-7th September) that will equip you to start your volunteering role, covering OTR's values and practice and how to have strengths-based conversations with young people.

Role commitments:

- 4 hours a week of volunteering at one of our Hubs -Monday 3.30-7.30pm, Wednesday 3-6.30pm or Saturday 9.30am-1.30pm
- Attend the Mental Health Bootcamp - September 2019
- Attending monthly supervision group
- Attending one training day per month for six months – last Friday of the month
- Start date week commencing 02/09/2019

If you wish to have an informal discussion about the post, please contact laura.h@otrbristol.org.uk.

Closing date Friday 23th August 2019. Interview date Friday 30th August 2019.

ROLE SUMMARY

Job Title	Peer Navigator (voluntary role)
Hours	<p>The choice between three shift patterns:</p> <p>Monday 3.30pm- 7.30pm</p> <p>Wednesday 3pm-6.30pm</p> <p>Saturday 9.30am- 1.30pm</p> <p>Monthly supervision (1.5 hours)</p> <p>Monthly training (last Friday of the month)</p>
Accountable To	<p>Team Leader (Engagement and Participation)</p> <p>Engagement Workers</p>
Volunteering Role to include:	<ul style="list-style-type: none"> • To help young people navigate the various services available to them in Bristol and South Gloucestershire to promote a positive wellbeing. • To co-facilitate Hubs, cultivating an open and safe environment for young people to visit and enquire about services.. • During interactions with young people you will support them to make an informed choice about the OTR project they want to access, or to access an alternative service in the city. • To be part of changing the story and expectations of young people, professionals and carers related to when, what and how young people interact with mental health services. • To empower young people to use our service both when they are struggling and to actively look after their mental health. • To be a positive advocate for and support the promotion of the work of OTR within Bristol and South Gloucestershire. • Proactively offer peer support to young people. • Build and foster appropriate and empathetic rapport with those accessing peer support. • To be aware of the various services around Bristol and South Glos, keeping these in mind whilst offering peer support or registration afternoon work.

ABOUT US

What We Believe

What We Value

How We Behave

<ul style="list-style-type: none"> - All theoretical models are wrong, but all of them are useful - Relationships are what make the difference - Mental health is social and political as well as personal - Social networks are more powerful than individual solutions - Building on strengths and capabilities is more sustainable than meeting needs and vulnerabilities - Participatory services are more effective than transactional ones - Our work is a vocation 	<ul style="list-style-type: none"> - Collaboration - Diversity - Learning - Sharing - Participation - Self-efficacy - Self-care - Transparency - Agency - Creativity - Social Action - Pragmatism 	<ul style="list-style-type: none"> - We're accommodating - We're integrated - We're thoughtful - We're supportive - We're open - We're resourceful - We're resilient - We're communicative - We're independent - We're imaginative - We're motivated - We're adaptable
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