

Parent Peer Mentor



Volunteer Task Description and Person Specification

Role	Parent Peer Mentor
Reporting to	Parent Peer Mentor Worker
Time Period	Ongoing

Aims of the Parent Peer Mentor Project

To provide one to one support to other parents in order to enable them to make positive changes in their lives and improve their emotional well-being and the resilience of their children and family.

Tasks

- To provide one to one support sessions
- To listen to and action plan with the mentee
- To signpost mentees to appropriate services
- To complete relevant paper work
- To take part in one to one and group supervision
- To report concerns about their mentee to the Parent Peer Mentor Worker
- To seek support and advice from the Parent Peer Mentor Worker

Personal qualities

Relevant experience Experience of parenting Experience of overcoming personal difficulties	Skills Ability to communicate effectively Ability to keep written records
Knowledge Committed to undertaking mentoring training and other relevant training courses	Communication skills Able to listen Contactable via telephone and/or email Happy to talk with other mentor at team meeting.
Competencies Happy to work under the guidance and support of the Parent Peer Mentor Worker Maintain regular contact the Parent Peer Mentor Worker Able to maintain confidentiality Keep any receipts needed to claim expenses Able to manage your own time, be punctual and presentable Able to use your initiative and ask for support when needed	Respect, Respect for others' opinions, beliefs and points of view Has empathy towards other parents and their situations