

How do I apply to become a Peer Outreach Volunteer?

Referrals for Volunteers for the Peer Outreach Project will be accepted from a member of their care team, other organisations and individuals (self referrals). The referrer or potential volunteer should contact Augment directly, requesting a referral form which is completed by the individual applying.

This confidential form should be returned to the Volunteer Co-ordinator(s) who will make initial contact within one week to arrange a meeting with the potential volunteer.

**I am interested in finding out more...
...What do I do now?**

We would be delighted to provide you with further information about the project or how to undertake the referral process to become a client or a peer outreach volunteer.

Please contact one of the Volunteer Co-ordinators on 01241 434405 for further information or e-mail augment@btconnect.com.

This Project is funded by



Organisational Principles

We recognise the strengths and resourcefulness of all our members, staff and people we work in partnership with.

We recognise the role of communities, other organisations and community involvement in supporting the process of Recovery and maintaining Well-being.

We recognise the effects that stigma, discrimination and inequality can have on individuals. We work inclusively within the organisation and challenge exclusion outside it.

We value people as experts in their own mental health.

We value and promote diversity and equality.

We value working collaboratively with individuals, and groups, to agree goals, actions and solutions.

We value being open and honest about our boundaries and our limitations



**INVESTORS
IN PEOPLE**

Augment (Scotland) Ltd is a registered charity and a Company Limited by Guarantee.

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Registered Office: Angus Community Enterprise,
24A Strathairlie Avenue, Arbroath, Angus, Scotland, DD11 1LN

PEER OUTREACH PROJECT

*"When I let go of what I am,
I become what I might be."*

(Lao Tsu, Chinese Taoist philosopher)

Augment (Scotland) Ltd

**A.C.E (Angus Community Enterprise)
24A Strathairlie Avenue
Arbroath DD11 1LN**

Tel: 01241 434405

E-mail: augment@btconnect.com

Website: www.augment.org.uk

What is the Peer Outreach Project?

When experiencing mental health challenges: trying to overcome fears, start something new or access opportunities is an area where good support can be a great aid. The peer outreach volunteers will support people to achieve their short term goals.

Along with innovative training the Peer Outreach Project uses a unique approach developed by Augment. The approach allows people with a lived experience of mental health challenges to undertake the Peer Outreach Volunteer role.

Peer Outreach for Individuals...

Can anyone be referred to the Peer Outreach Project?

Anyone who is currently experiencing mental health challenges, has an identified goal and is ready to meet their goal – with support – can be referred.

Can I refer myself?

Referrals for clients to the Peer Outreach Project will generally come from a member of their care team (i.e. case manager, GP, Psychiatrist), however self-referrals will be accepted with the back up of a worker.

What will be expected of me?

Before being referred to the Peer Outreach Project we would expect you to have a goal that you wish to achieve which will aid your recovery. Goals will be as individual and varied as the people that our volunteers work with, but must be achievable within 6-8 weeks.

When you first meet with one of the Volunteer Co-ordinators you will agree to work towards achieving this goal or outcome.

When you choose to meet with a peer outreach volunteer, it is essential for you to make a commitment to your decision. This ensures that you will get the most from this partnership. Basically, what you put into this joint venture – you get back out of it!

We need you to:

- ◆ Make sure you are there, at the agreed time and place to meet your volunteer
- ◆ Contact Augment if you need to change or cancel an arrangement with your volunteer
- ◆ Keep in contact with the volunteer
- ◆ co-ordinators at Augment so that we can make sure that the partnership is going well

Peer Outreach Volunteers...

What does a Peer Outreach Volunteer Do?

Peer Outreach Volunteers will offer a vital supportive link for individuals, through training and using their own experiences to support and encourage others to move forward in their journey of recovery".

Can anyone be a peer outreach volunteer?

Anyone with a "lived experience of mental health challenges" can *apply* to become a peer outreach volunteer. Whilst we recognise that all individuals with an experience of mental health challenges have unique expertise and experience to offer in many forms of voluntary work, not everyone is suitable to become a peer outreach volunteer.

What will be expected of me?

Personal recovery, excellent communication skills and the ability to work in a professional manner are all essential criteria, along with a readiness to undertake the peer volunteer training programme.

Volunteers will also need to show

- ◆ An understanding of some of the problems faced by people contacting Augment
- ◆ An understanding of, and willingness to work to the principles of peer support
- ◆ Willingness to abide by our policies
- ◆ Co-operation with administrative tasks
- ◆ i.e. filling in expenses forms
- ◆ Commitment to attend on-going support or training
- ◆ Ability to be professional
- ◆ Ability and willingness to reflect on work practice and be open to constructive feedback

- ◆ Ability to work in an enabling and creative way to assist people to work towards a recovery goal
- ◆ Ability to manage stress and to plan and prioritise and willingness to continually develop in this area