

Advisory Group Member

Historic Adoption Peer Support Service

Volunteer Role and responsibilities

Health in Mind is one of Scotland's best-known and trusted mental health organisations. Since 1982, we've been promoting positive mental health and wellbeing in local communities across Scotland.

From our campaigns and collaborations through to our early intervention support and trauma-informed services, we aim to build hope, resilience and understanding of mental health and wellbeing.

The Historic Adoption Peer Support Team offers support to people who have been affected by historic adoption practices in Scotland. With this being a new and pilot service, we are seeking volunteers with lived experience of historic adoption practices in Scotland to join our advisory group, to support us to offer the most sensitive, relevant and appropriate peer support.

Role and responsibilities

We're looking for enthusiastic and dedicated people to support Health in Mind's work.

You will work alongside the Peer Development Worker, Service Manager and Advisory Group Members on a range of areas. To guide the service using your lived experience of historic adoption. To provide advice and guidance with the aim of the service offering the best support possible to people who have experienced historic adoption practices.

Qualities and skills required

Essential

- Lived experience of historic adoption practices in Scotland (as a mother, father, adult adoptee, or other family member affected by these practices)
- An understanding of peer support; what it can help with and what it can't
- Enthusiastic and friendly approach
- To be able to share ideas and suggestions

Desirable

- Experience of working in a team
- To be able to share some of your own experiences of historic adoption and the impact this has had on you
- Experience of listening with empathy and compassion

Commitment from you

- To be able to attend a quarterly advisory group meeting
- To be able to review documents ahead of meetings and to add to the agenda where required

- Support the development of historic adoption peer support in any other way that you feel able to e.g. contribute to promoting the service
- To keep in contact with the Peer Development Worker

Our Commitment to you

- Share progress and updates about the service
- We will provide support and guidance with our Historic Adoption Peer Development Worker
- We will share access to Health in Mind training, and other role relevant training identified
- We will support you to develop your communication, people, organisation and event planning skills while you have fun and meet new people
- We will share how your volunteering makes a difference to our work and those we support

Last reviewed – August 2023