

Peer Group Facilitator

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. As part of the team, you would support by facilitating, or co-facilitating a peer support group.

This new service will be offering peer groups for mothers, for fathers, for adult adoptees, and for other family members impacted by these historic adoption practices. These groups may take place online, or in a local community space. We aim to create a safe and supportive environment so that group members can explore their experiences of historic adoption with others who also have lived experience. Through encouraging self-reflection, exploring feelings and the impact of historic adoption, and creating an environment where group members can support each other.

Role and responsibilities

Independently facilitate peer support groups or co-facilitate peer support groups alongside the Historic Adoption Peer Development Worker, or another volunteer. You will help develop an environment in which group members learn from and support each other

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)
- Experience of listening with empathy, compassion and understanding
- Good communication skills
- Understanding of the importance of confidentiality and boundaries
- Comfortable with sharing some of your own story in a group setting

Desirable

- Can motivate and encourage others
- Willingness to ask for help and support when you need it
- Understanding of the importance of self-care
- Understanding of mental health challenges and the impact of trauma

Commitment from you

- Complete a Disclosure Scotland PVG check
- To commit to facilitating regular peer support groups
- You will volunteer for at least 12 months
- You will complete the necessary training provided by Health in Mind relevant to this role
- To communicate regularly with the Peer Development Worker

Our Commitment to you

- We will provide relevant training to prepare you for this role
- You will have ongoing access to Health in Mind training, and other role relevant training identified
- Our Historic Adoption Peer Development Worker will provide regular support and guidance
- You will have access to regular support and supervision with our Historic Adoption Peer Development Worker
- You will have access to regular historic adoption volunteer meetings, where you can share learning with other volunteers and have a safe space to discuss your experiences of the role
- We will share how your volunteering makes a difference to our work and those we support

Last reviewed – August 2023