

A Day in the Life of a 'Community Peer Mentor' By Hannah Johnson

<p>Why you chose to volunteer:</p>	<p>I chose to volunteer as a community peer mentor as I had a breakdown last year and picked myself back up, so wanted to help others in the community who don't have the same support that I have in their darkest hours in any way I could. I also eventually want to be an Art Therapist and felt the job would give me great experience for this.</p>
<p>What you would do on an average day as a volunteer:</p>	<p>We work in a team of two with one client. Initially, Jim makes the first contact with the client and makes an assessment of the property and the client. After this, my partner and I are introduced to the client. We work together for six to ten weeks (more if required). I am currently working with my first client. We visit once a week to talk about the week, any old and new issues and update the client with anything new. Our job can involve referring clients to a certain services, helping out with financial/housing troubles, attending courses and appointments with our client for the first time or even being a shoulder to cry on and an attending ear. We listen, talk and resolve any issues in our capability. We keep Jim in the loop with feedback from the visits so we are all on the same page. We work with the client until they feel their issues are resolved and they are happy, and our client can use the services again if need be.</p> <p>My name is Hannah I'm a community peer mentor It's such an interesting job and a role that I adore.</p> <p>I work in a team of two and we weekly visit our client we talk about their issues whether they are small or are giant</p> <p>We visit for 6-10 weeks or even more if they need the time but they are always welcome back if they have another wall to climb</p> <p>We talk about their week About the good and the bad days We chat, laugh, cry but we're there for them always</p> <p>And at the end of our time we go away with a smile a feeling of proudness as our effort was worthwhile</p> <p>To see our clients issues resolved Seeing them more confident and content It fills you with joy makes you proud to represent</p> <p>The community peer mentor team and makes you satisfied to be, helping the community and thy neighbour, it's an amazing job, we'd all agree.</p>

<p>Feedback you have received about how you have supported them?</p>	<p>So far my partner and I have received positive feedback from our client about the job we have done so far, it's a really satisfying feeling knowing you're making a positive impact on another's life.</p>
<p>A few of reasons why YOU volunteer?</p>	<p>I chose to volunteer as a community peer mentor as I had a breakdown last year and picked myself back up, so wanted to help others in the community who don't have the same support that I have in their darkest hours in any way I could. I also eventually want to be an Art Therapist and felt the job would give me great experience for this.</p> <p>It's a job that so far has raised my confidence and made me feel I have such a good purpose for the community.</p>
<p>Finally, why should other people volunteer?</p>	<p>I'd highly recommend people volunteer on this scheme as it is so rewarding to do. It's fun, interesting and rewarding. The team are lovely and heart-warming. The training is the best 6 weeks you'll have and you'll make so many new friends through this and gain so many life skills. 100% recommend.</p>