



Bank Peer Support Worker JOB DESCRIPTION



Responsible to:	CAPITAL Co-ordinators
Hours of Work:	Negotiable
Location:	To work in acute wards in Sussex-Locations to be discussed
Salary:	£10.90 per hour
Contract:	Bank Worker

CAPITAL Project Trust is led by members, staff, trustees, and volunteers.

We would love you to help us to expand our Peer Led Organisation.

**We are built on passion to give people struggling with their mental health a voice.
Together we develop, design and co-produce solutions.**

Are you passionate about mental health and able to bring your lived experience to this role?

About us

CAPITAL Project Trust is led by its members, staff, trustees and supporters – all of whom have lived experience of mental distress.

We work from a bottom-up approach, giving all a voice, using consultation and coproduction methods to encourage everyone to contribute their ideas and set the direction for the charity.

We were founded upon developing training for people with lived experience at a time when people had no voice, and we became the independent representation of the lived experience community in the county which influenced local mental health services.

We support a membership of about 300 people, offer training, support and a framework that ensures people can lead our work.

We also provide independent accredited peer support in-reach services to acute mental health wards in West Sussex, as well as monthly peer led Patient ViewPoint forums.

Since 2022 we are leading coproduction within the West Sussex Mental Health Community Transformation Programme and have set up a new independent network: SCALE (Sussex Coproduction and Lived Experience.) We are working alongside community organisations and groups in West Sussex to effectively coproduce and develop a longer-term vision for mental health services (and the priorities of the NHS Long Term Plan.)

CAPITAL Project Trust is part of an alliance of Voluntary Community & Social Enterprise organisations delivering services and working together as Pathfinder West Sussex, with a view to making local services accessible for anyone needing mental health support.

Purpose of the role

- To offer your lived experience to support others
- To offer both one-to-one and groups to support people throughout their inpatient stay
- To work in partnership with people who are experiencing mental distress in the acute setting
- To add support and value to the inpatient stay by working alongside someone with empathy and without judgement
- To use your lived experience to inspire hope that people can and do recover from mental health issues
- To develop your skills in order to improve your potential to grow and recover further

Responsibilities

1. To co-facilitate group activities and one-to-one support for in patients with other staff or volunteers
2. To work in partnership with Sussex Partnership Foundation Trust (SPFT), ensuring that information is shared as necessary
3. To abide by the polices requirements of CAPITAL Project Trust and any additional policy requirements of SPFT
4. To participate in evaluating the hospital service to ensure patients have a voice.
5. To use appropriate supervision to help to manage your own wellbeing and discuss any issues that arise
6. To be supportive of your fellow peers
7. To undertake any mandatory training and any other training requirements as agreed with your manager ensure that administrative processes are maintained according to CAPITAL's policies and procedures
8. To undertake any other tasks required for this role

CAPITAL Project Trust is working through a period of change and development and the post holder will need to be prepared to work flexibly within this changing organisation. This therefore may result in some changes to the key tasks of this role.

PERSON SPECIFICATION: Bank Peer Support Worker

Essential Criteria

1. Experience of using mental health services and ability to effectively use this experience within the role
2. Understanding the need to maintain boundaries and confidentiality
3. Good awareness of your own support needs and limitations
4. Excellent verbal communication skills
5. Basic computer skills
6. Commitment to the ethos and values of CAPITAL Project Trust

Desirable Criteria

1. Understanding of the importance and value of independent peer support and peer leadership
2. Experience of working with and involving people from different cultures
3. Experience of working in a voluntary or paid capacity in the mental health setting
4. Experience of facilitating group or one-to-one support

This post is subject to an enhanced disclosure check (DBS)

CAPITAL Project Trust complies with guidance issued by UK Government and Visa Immigrations to ensure the prevention of illegal working in the UK therefore successful applicants will be required to demonstrate their entitlement to work in the UK by providing documentation requested.