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**Parent Carers Connect - Peer Mentor Scheme**

**Background:**

Carers Plus Yorkshire (CPY) are working with NYCC Autism Social Prescriber in Hambleton and Richmondshire to support parent carers to access peer support from parents with lived experience.

We are recruiting and training volunteer peer mentors who will be matched with parents who currently have a child awaiting diagnosis or have recently received a neurodiverse diagnosis.

**Purpose of the Role:**

Volunteer Peer Mentors will **listen, guide and support other parent carers who would benefit from one-to-one, small group support, and/or to talk to someone with lived experience.**

**Mentors will support the person they are mentoring to engage and connect with social activities and peer support through already established community groups, enabling ongoing support beyond the limited time of the mentoring.**

**Responsibilities:**

* Provide **one-to-one** mentoring sessions for parent carers identified by Autism Social Prescriber
* Listen to other parents and carers who need to talk to someone who is understanding and has been through a similar journey
* Support parent carers to connect with relevant support groups in the community
* Support parent carers to access information and signposting
* Reduce isolation and increase peer support to other parents/carers
* To work under the direction and supervision of the peer mentor project lead
* Accept training, supervision and support offered by Carers Plus Yorkshire
* Highlight any safeguarding concerns to the peer mentor project leader

**Key Skills required for the Role:**

* Lived or professional experience of autism/neurodiverse conditions
* Be friendly and enthusiastic
* Be empathetic
* Have patience and be a good listener
* Have good communication skills
* Be reliable and committed to the role
* Be able to work on your own with support from the peer mentor project lead

**What we expect from you:**

* Weekly commitment to providing one-to-one mentoring sessions for a parent carer referred into the service.
* up to 1 hour a week providing mentoring support - this can be via phone call or face to face or attending community groups
* Attend an initial training course delivered by Carers Plus Yorkshire (approx. 3 hrs) before commencing as a Peer Mentor
* Complete and return feedback following every mentoring session
* Contribute information for monitoring reports e.g. case studies

**What you can expect from us:**

* Full induction, training and ongoing support
* Formal and informal supervision
* Reimbursement of travel and other out of pocket expenses
* Opportunities for personal development
* Volunteer Identification
* Enhanced DBS

**Location:**

* Hambleton and Richmondshire

**How to apply:**

To find out more about the Peer Mentor Scheme please contact Heather Wright or Becky Wallis on 01609 780872 or email [admin@carersplus.net](mailto:admin@carersplus.net)

Or visit our website [www.carersplus.net](http://www.carersplus.net) and a complete volunteer application form.