



Glovers Lane Netherton
Liverpool L30 5QW

Volunteer Role Description

- Title: -** Peer Health Mentor
- Hours of Work: -** Negotiable
- Reports to: -** Philomena Zilinski
- Location: -** Feelgood Factory
- Job Purpose: -** To act as a mentor for people wishing to make a health changes this could include stopping smoking, eating healthier, beginning to take regular exercise

Main Duties & Responsibilities: -

- To act as a listening ear, offer support and guidance when needed
- To show the possibilities that are available to support the mentee
 - a) Up to date information about Feelgood Factory activities and other local activities as relevant
 - b) Tell the mentee about other organisations and services
- Helping the mentee to draw up a personal action plan and review the plan regularly
- Support the mentee to make choices and changes to achieve a healthier lifestyle
- ◆ To keep up to date about local services and signpost mentees to other services as relevant
- ◆ Is tolerant and aware of the needs of different ethnic and Cultural groups

Opportunities for Development:-

All our volunteers are given ongoing support and are offered training in

- Open Awards Community Peer mentor Certificate