The Community Peer Mentor Project Information

SUPPORTING VULNERABLE AND ISOLATED PEOPLE ACROSS COUNTY DURHAM & DARLINGTON

Community Peer Mentors

http://www.durham-pcc.gov.uk/Victims/Community-Peer-Mentor-Project

There is no age limit on people who wish to be Community Peer Mentors.

Once trained, Mentors can choose which geographical areas they would prefer to get involved.

Ongoing and additional training is provided for free.

Volunteers are also reimbursed for out of pocket expenses.

‘You don’t have to have all the answers, you just have to be willing to share what you know’

GET IN TOUCH

Whether you feel you could benefit from support from a Community Peer Mentor, or if you’re interested in becoming a volunteer, please do not hesitate to contact - Jim Cunningham on: 01325-405565 or 03000-031818
jim.cunningham@restorativehub.org.uk

Facebook Community Peer Mentors
http://www.durham-pcc.gov.uk/Victims/Community-Peer-Mentor-Project

Our core values aim to ensure everyone is EMPOWERED to make life changing choices

Our core values aim to ensure everyone is EMPOWERED to make life changing choices

E Encouragement
M Mutual Respect
P Positive Approach
O Openness
W Wellbeing
E Empathy
R Realistic and Honest
D Dignity

The training is held in various locations across the County delivered by trained and experienced facilitators. We offer the choice of completing either 5 evening sessions, held over a 5 week period; each lasting 2½ hours, or 2 full day sessions. The training provides opportunities to learn various mentoring techniques.

THE COURSE FOLLOWS THE ‘GROW’ MODEL

GOAL - REALITY - OPTIONS - WAY FORWARD

The benefits of the GROW model is it leads to a clearly defined end result through the four phases. The client is personally active in identifying problems and generating ideas for solutions.

The GROW model stands for learning through experience: reflection, insight, making choices and pursuing them. The success of a coaching trajectory with the GROW coaching model also depends on the time and energy invested into the process by the client.

THE FEEDBACK FROM VOLUNTEERS INCLUDES

‘Always interesting and informative’
‘Very Good’ - ‘Easy to understand’
‘Met more than my expectations’
‘Brilliant’ - ‘Felt comfortable and able to talk’
‘Absolutely brilliant’

THE COURSE PROVIDES THE COMMUNITY PEER MENTORS WITH THE SKILLS AND CONFIDENCE TO ENGAGE WITH CLIENTS.

The Community Peer Mentor logo was designed by Maggie Gurung from Carmel College Darlington
The Community Peer Mentors project is the initiative of Ron Hogg, the ‘Police, Crime and Victims’ Commissioner (PCVC) for County Durham and Darlington.

**THE PROJECT IS INDEPENDENT AND NOT CONNECTED TO ONE PARTICULAR ORGANISATION.**

Mentors are motivated and enthusiastic volunteers from the local community who support individuals that feel vulnerable or isolated owing to anti-social behaviour, neighbourly disputes or as victims of crime. Our Mentors can help individual to reintegrate back into society.

This approach is unique in the UK for tackling these issues.

The project also aims to reduce the pressure on frontline services such as the Council, Fire Service, Police, A&E and GP surgeries by engaging with those who make frequent calls.

 Agencies have become increasingly aware that some people feel professionals do not met all their needs leaving them feeling frustrated; leading to a negative impact on their wellbeing and feelings of isolation and vulnerability.

**WHAT DO COMMUNITY PEER MENTORS DO?**

Each volunteer has gone through a stringent selection process to ensure they are suitable for the role; this includes an interview process, references, DBS checks and a five week training course.

Mentors work in pairs to engage with clients over 10 to 12 sessions; after which there is a review. Mentors work with the client to identify the root cause of any issues, thereby empowering and encouraging the client to actively engage with the community, and signpost them to the most appropriate support.

We aim to leave people with a feeling of hope and confidence to lead a happier and more fulfilling life; by helping them to feel safer and improve their circumstances.

**COMMUNITY PEER MENTORS WILL:**

- Be a confidential service
- Provide a listening ear
- Help clients clarify their needs
- Explore options for resolving situations
- Encourage personal responsibility
- Develop strategies together
- Provide skills and confidence to resolve matters amicably
- Signpost to other services if appropriate

**THE DIFFERENCE MENTORS HOPE TO MAKE:**

- Create a personal system of support
- Form new friendships or relationships
- Take part in new hobbies or interests
- Contribute more to your community
- Learn ways for dealing with challenges
- Be tolerant of different lifestyles
- Take decisions that are important to you

“MENTORING IS A BRAIN TO PICK, AN EAR TO LISTEN, AND A PUSH IN THE RIGHT DIRECTION.”

JOHN C. CROSBY

The Community Peer Mentors have had an extremely positive impact on the lives of clients they have engaged with; the feedback has included comments such as;

‘Life changing’, ‘supportive’, ‘My life seems worthwhile now’, ‘Without them I would not be here now’ and ‘I have my life back’

**INTERESTED IN BEING A COMMUNITY PEER MENTOR?**

Mentors do not require any previous experience in volunteering or supporting people; all we need is enthusiasm and willingness to help others.

We welcome people from all backgrounds; we feel it is extremely important our volunteers have life experiences. Certainly what has happened in a person’s past will not automatically be a barrier to anyone interested in becoming a Community Peer Mentor. (Find out more overleaf…)