

What is Peer Mentoring?

A peer mentor is someone who has a lived experience of mental health, who is trained and works (paid or voluntary) in a formalised role in support of others in recovery.

A peer mentor offers support to others through shared personal experiences of recovery in a way that inspires hope.

Peer mentors have a way of being in a relationship that shows people that they have the power to recover.

Peer mentors offer help and support as an equal.

Peer mentors utilise their experiential knowledge and expertise to help others to achieve and sustain recovery.

"Peer mentors empower service users to take control of their own recovery, by sharing experiences of what works."

How to book on a course:

The training is currently free, and courses are held in venues across Gwent, according to need.

Contact Karen or Helena to book onto a course (details below)

Contact us:

☎ Phone: 01633 810718

Helena – Training & Employment Manager

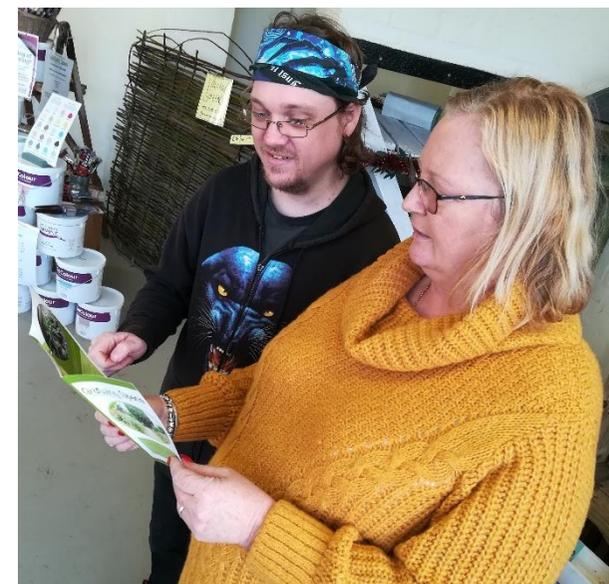
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Peer Mentor Training



**GROWING
S·P·A·C·E**

helping people grow

This leaflet is also available in
Easy Read

Peer Mentoring - Level 1

This level 1 course is a basic introduction to peer mentoring, and peer mentoring skills. Learners do not have to be in a peer mentor role to enrol on level 1 course.

The aim of the course is to support and develop peer mentoring skills.

The learning outcomes are to:

- 📖 Understand the role and responsibilities of a peer mentor. This includes:
 - a definition of the peer mentor role, including health and safety.
 - boundaries and confidentiality.
- 📖 Understand equality and diversity in peer mentoring. This includes:
 - involving all participants.
 - the effects of equality, diversity and discrimination.
- 📖 Using peer mentoring skills to deliver information to others. This includes:
 - planning and delivery of information.

Peer Mentoring - Level 2

This course builds on level 1, and it is recommended that learners are in a peer mentor role before enrolling on the level 2 course.

The aim of the course is to understand the peer mentoring process, and how mentoring can help different values and attitudes towards life and society.

The learning outcomes are to:

- 📖 Understand peer mentoring. This includes:
 - peer mentor skills.
 - differences between mentoring and friendship.
- 📖 Understand communication skills. This includes:
 - a range of questioning techniques.
 - differences between verbal and non-verbal communication.
 - potential barriers.

Growing Space provides accredited training through collaboration with:

Addysg Oedolion Cymru/Adult Learning Wales

Peer Mentoring 2 (continued)

- 📖 Different values and attitudes towards life and society. This includes:
 - the affects assumptions can have on others.
 - personal beliefs and values towards life and society.
- 📖 Understand how mentoring can be used. This includes:
 - examples of mentoring, problems and techniques.
- 📖 The importance of professional boundaries and confidentiality. This includes:
 - defining boundaries.
 - appropriate behavior.
 - managing confidentiality.
- 📖 Understand the mentoring process. This includes:
 - the stages of mentoring.
 - barriers to the relationship.
 - how personal reflection impacts on practice. Learners will be expected to keep a reflective journal which includes attention to self-care, self-management and mentoring.