**Survivors Unite Safe Oaks Project**

**Peer Support Worker**

**Location:** Selkirk

**Responsible to**: Project Coordinator

**Salary:** £17,235 pro-rata

**Working hours**: Part time 17.5

**Special conditions**: Local travel, evenings and weekends

S**urvivors Unite**

Survivors Unite exists to support the recovery of adult survivors of childhood sexual abuse in the Scottish Borders. Survivors Unite was originally developed and supported by Children1st. In 2019 it became an independent charitable organisation in its own right.

The charity works with survivors in all phases of recovery from childhood sexual abuse. Our Safe Oaks Project offers an integrated service combining 1:1 Peer Support, Counselling/therapy and a Facilitated Peer Support Group.

**Job Purpose**

To support adults who work with Survivors Unite Safe Oaks Project to maintain a meaningful and fulfilling life in the community. The post will be a role model/mentor/facilitator, using a combination of personal lived experience of recovery from the traumatic impacts childhood sexual abuse and acquired theoretical knowledge relating to psychological trauma and its impact.

Support will be provided to peers at different phases of their recovery according to personally identified goals.

Our peer support model is underpinned by the principles of safety, trust, empowerment, choice and collaboration.

**Responsibilities**

1. To establish an emotionally supportive relationship with each person you support, enabling them to maximise their own resources in order to improve their quality of life.
2. To share and nurture coping and self-management strategies and techniques. This will include psycho-education in relation to the impacts of trauma.
3. To be flexible and responsive to meet the changing needs of those we support and the organisation.
4. To work in collaboration and cooperation with other members of the Safe Oaks team, as well as staff from other agencies in accordance with the support plans of those we support.
5. To maintain professional confidentiality and boundaries at all times.
6. To be responsible for maintaining the relevant systems of paper– based and electronic documentation.
7. To work with people we support in accordance with guidance from the Project Coordinator and senior colleagues in adherence to the charity’s aims and objectives

This job description is not exhaustive; the post holder may be required to perform other duties deemed appropriate to this role as and when required.

**Person specification**

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| **Qualifications** | **Essential**   * Good level of educational attainment or equivalent * COSCA Introduction to Counselling Skills or willingness to undertake training   **Desirable**   * SVQ3 in Health and Social Care or equivalent as defined by the SSSC * Completion of Peer Support Worker training (e.g. Scottish mentoring Network, Peer Employment training or other similar peer support training) * Mental Health First Aid * ASIST * Trauma Training – NES Trauma Skilled Practice |
| **Knowledge and experience** | **Essential**   * Personal experience of recovery from the impacts of childhood sexual abuse * A theoretical understanding of complex trauma and the neurobiological, psychological and potential physical health impacts * Experience of being in a supportive and enabling role     **Desirable**   * Experience of working with a person-centred approach * Experience of working in the mental health field |
| **Working with others** | **Essential**   * Builds good working relationships with team members * Works co-operatively with other professionals as required * Gives others time and space to express what they think, feel and want * Shows patience and sensitivity and seeks to understand the perspectives of others |
| **Learn and apply** | **Essential**   * Is aware of own strengths and development needs * Demonstrates commitment to keeping knowledge, understanding and skills up to date |
| **Communication** | **Essential**   * Speaks and writes clearly and accurately and ensures the message is understood * Conveys sensitive or contentious information tactfully |
| **Managing self** | **Essential**   * Has developed grounding strategies to manage triggering situations * Can recognise their own need to self-care * Has clear personal and professional boundaries and recognises the qualities of healthy relationships * Can deal with difficulties by keeping them in perspective and seeking appropriate line management support if necessary * Is open to change and continually improving practice * Has an open mind and the ability to adjust opinion * Has the awareness of when to ask for help and has the confidence to do so where appropriate * Is dependable and a good time keeper |
| **Professionalism** | **Essential**   * Has good working knowledge of confidentiality and the critical role this plays in providing a safe and trusted service * Demonstrates a commitment to Survivors Unites charitable aims * Maintains sound ethical and professional standards at all times * Takes responsibility for own work * Strives to provide efficient, effective, high quality services * Projects a positive image of Survivors Unite at all times |
| **Supporting people** | **Essential**   * Supports people in line with the charity’s values, policies and procedures * Understands peer support and trauma recovery and works with a flexible recovery focused approach * Consistently works with a person-centred approach * Supports the rights of those we support to control their lives and make informed choices about the support they require * Protects the rights and promotes the interests of those we support |