

# Volunteer Role Profile

Volunteer Role

**Peer Support Facilitator**

Volunteer Manager

**Local Volunteering Manager**

Where you will be based

**Community**

## Why we want you

Peer support is different from services provided by professionals. It does not try to find solutions to every problem or give direct advice. Peer support is about giving people a time and place where they can hear from others in a similar situation and make their own choices.

## What you will be doing

- Facilitate the peer support sessions
- Signpost people to where they may get appropriate help

## The skills you need

- Committed to supporting people living with diabetes
- Willing to listen with empathy to others needing support with diabetes
- Able to help people think through their situation and options, without telling them what they 'should' do
- Non-judgemental and open-minded to the huge range of people living with diabetes, and the situations that they will bring to the meetings
- Able to treat others with respect, tolerance and without prejudice and able to contribute to group discussions without dominating
- Friendly, approachable and welcoming
- Can volunteer within our guidelines and policies for confidentiality, safeguarding, data protection and health and safety

## What's in it for you

- The opportunity to be part of offering an effective peer support service supporting more people to manage their diabetes more effectively.
- Induction to Diabetes UK and a one-day training session on peer support facilitation skills
- A Peer Support Facilitator pack to provide information, ideas and examples
- A range of materials for you to use and discuss in your peer support sessions
- Regular support from your local volunteer team
- The opportunity to learn new skills
- If you spend money on things like travel or lunch while volunteering, we will pay you back for this