

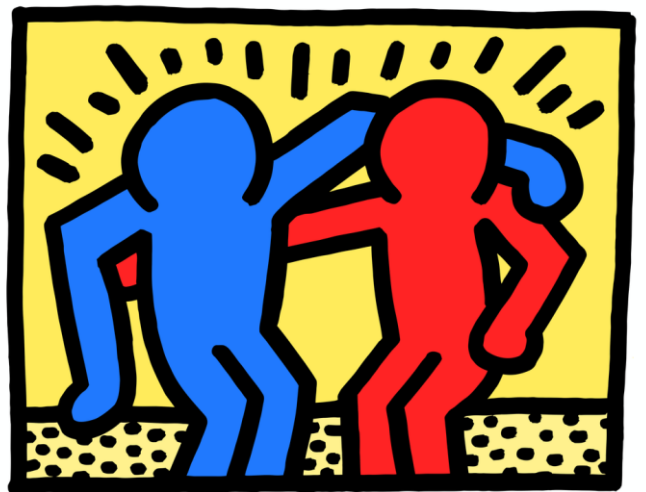


Hand in Hand - Volunteers needed for new Peer Travel Buddy Scheme

Volunteers with lived experience of mental health issues supporting local people in Islington with mental health challenges travel to appointments, services, activities and events.

We are looking for Peer Buddies to:

- Remind people of appointments.
- Support people by helping them travel to appointments and being with them to provide reassurance.
- Guide people with information about local services and activities.
- Reassure people with helpful, supportive chat
- Be part of a positive community, supporting clients' mental wellbeing



Upcoming training for Peer Buddies (March/April 2023)

Training is online and will be 4 days from 9.30am until 4.30pm where you will learn all aspects of peer support, with lots of breaks and variety!

You will need to be available to volunteer regularly for at least 1 day per week during the day. DBS checks will apply. Journeys will be by public transport or walking only - you do not need a driving licence.

If you want to make a real difference in your local community and learn some new skills, meet new people and gain valuable experience, get in touch and book a place.

To register your interest go to <https://tinyurl.com/peerbud> If you have queries you can ask them and we will get back to you, or you can email: najuma@manorgardenscentre.org

Proudly brought to you by Manor Gardens Welfare Trust, Islington Mind, Camden and Islington NHS Foundation Trust, (LBI) Islington Council & The SidebySide Network

