

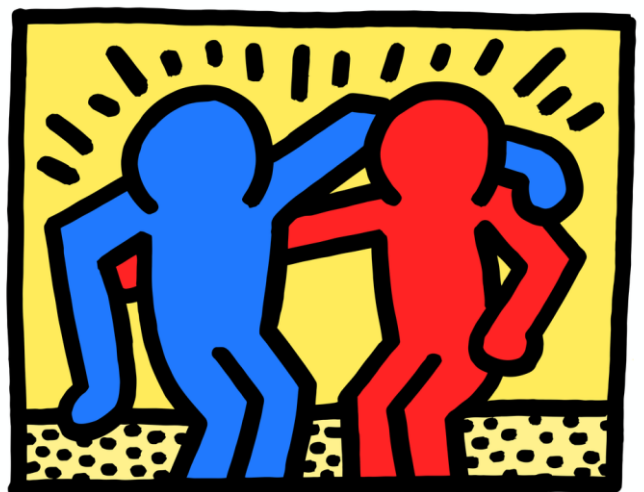


Volunteers needed to be Peer Travel Buddies

Volunteers with personal experience of mental health issues supporting Islington residents with mental health challenges travelling 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



Training for Peer Buddies

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 in volunteering, go to <https://forms.office.com/e/RTQues26vL> We will alert you when the training dates are open. If you have queries you can add them and we will get back to you, or you can email satoko.fujishiro@islingtonmind.org.uk

If you are in need of a travel buddy, please visit the Islington Mind website to self refer: <https://www.islingtonmind.org.uk/hand-in-hand-service/>

Contact Tim on 07518 798 905 (Mon, Tue and Thur) and Satoko on 07526 692 507 (Wed, Thur and Fri) if you cannot fill in the online referral form or for any other queries.

