

VOLUNTEER AS A MENTOR

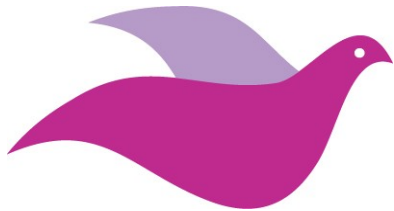
Disability Nottinghamshire are currently recruiting Volunteer Mentors. If you have:

- A disability or have experience of disabilities
- Are good listeners
- Have a positive attitude
- Have a good sense of humour
- Want to utilise your skills and life experience to help disabled people achieve their goals

We would love to hear from you.

We provide:

- Out of pocket expenses
- Full training
- Ongoing support and supervision



For further information and an informal chat please contact Claire Staples on 01623 658060

Disability Nottinghamshire is a registered charity, offering specialised services for disabled people, their carers, families, professionals, students and friends

Complaints Procedure

We aim to provide service of a standard acceptable to our users if we fail to do so we want to know about it. This will enable us to deal with the specific problem but also avoid it happening again.

To request a copy of our complaints procedure or to make a complaint please contact us on **01623 658060**



**Unit 15, Botany Park
Botany Avenue
Mansfield, Nottinghamshire
NG18 5NF**

Advice Line: 01623 625891

Admin/Office: 01623 658 060

advice@disabilitynottinghamshire.org.uk

Look online at:
disabilitynottinghamshire.org.uk



Peer Mentors

Funded by:



People's Health Trust

DISABILITY NOTTINGHAMSHIRES PEER MENTORING PROJECT

Matches Volunteer Mentors with disabled people who have expressed a desire to engage in local activities and play an active role in the decision making process

You will be encouraged to:

- Explore your own issues
- Discover your own solutions
- Set and enhance your own personal, realistic goals
- Decide when to move on

Peer Mentors will enable you to explore opportunities within:

- Health and well being
- Education or training
- Volunteering
- New interests or social networking
- Raising awareness of disability issues
- Informing the decision making process

Peer Mentoring is for you if:

- You are over 18
- You are affected by a physical or sensory disability, long term health condition learning difficulty, mental health issues or a carer
- You want to explore new opportunities.



To check if Peer Mentoring is right for you the Community Support Worker will:

- Meet with you.
- You will be matched with one of our Mentors.
- You and your Mentor will work together in a way that suits you both.

Mentors are trained volunteers who:

- Have experience of disability
- Are enthusiastic and committed to mentoring
- Have varied life experiences
- Are good listeners
- Have a positive attitude
- Have a good sense of humour
- Receive ongoing support and supervision

Mentor and Mentee will:

- Agree where, when and how often to meet
- Work together in an open and honest way
- Respect each other's privacy and confidentiality
- Set realistic personal goals
- Regularly review your progress
- Acknowledge your successes

**If you think you could benefit from the support of a Peer Mentor contact:
Claire Staples on 01623 658060**