

## Peer support training information sheet

For courses in 2021

March and September courses will take place in 2021. Moving forward there will be a rolling programme of the peer support course, you are welcome to submit an application at any time, and we will contact you when course dates are set, and let you know that we will be considering your application. If you don't secure a place this time around that doesn't mean no for ever, just for this round of training. Please make sure you complete the Peer Support Expression of Interest form. Once completed please email to [Teresa.Spilsbury@leicspart.nhs.uk](mailto:Teresa.Spilsbury@leicspart.nhs.uk) you can also email any queries you may have or call Teresa on 0755 749 8007.

Dates of training are fixed but other dates may change and should be considered as an indication only.

What	Notes	Anticipated date
Introduction to Recovery	Two online videos to watch. Approximately 45 minutes each. Links to online videos and questions to consider before online group meetup are provided below.	Please watch before an online group meetup as part of application.  You will be asked to join a group discussion relating to the videos at the online group meetup.
Deadline for applications	5.00pm is the cut off time.	Wednesday 10 <sup>th</sup> March
Online group meet up (informal interview)	An online session that will be around 1 ½ hours long on Microsoft Teams	Week beginning 15 <sup>th</sup> March
Feedback from application group interview	Telephone call or email	Week beginning 15 <sup>th</sup> March
Peer Support Training March dates.	Each Wednesday 10.00am -12.30pm and 2.00pm – 4.30pm	From 31 <sup>st</sup> March – 19 <sup>th</sup> May  Need to attend all morning and afternoon sessions.

## Links to videos and question relating to each of them:

### 1. Recovery – Rachel Perkins

<https://bit.ly/377CMkk>

Question: Can you describe what Recovery means in the context of your life and experience?

### 2. Peer Support – Julie Repper

<https://bit.ly/2OzbU71>

Question: Can you explain what peer support means and how it can support Recovery?

Please read information below which includes frequently asked questions.

### Information and frequently asked questions

Where does peer support take place?	Various settings, for example in the Voluntary and Community Sector, working in a specific neighbourhood, or working within NHS services such as Eating Disorders, Personality Disorders, the Recovery College or Community Mental Health Teams.
When I have completed the course do I automatically get offered a job?	No. This training or very similar training is required to apply for a peer supporter job. All paid roles are advertised in a fair and consistent way.
Can I choose where I would like to work if I complete the training and	Whilst we try to place people in the service or geographical area they

apply successfully for a peer support job?	prefer, it is not always possible as a number of factors can influence where people are placed.
Does filling in the expression of interest form mean that I have got a place on the course?	We may get more applications than training spaces, so all applications will be treated in the same way.
Can I volunteer instead of applying for a job? Do I still have to apply and attend the course?	Yes. Please complete the expression of interest form and tick the volunteer box. It is a different process and different training and we will contact you to explain the process.
<p>We are very keen that our peer support service reflects the communities we serve, and we are looking for individuals who will help us to reach that goal, and who are able to complete training, which means we welcome people regardless of age, race, gender, ability/disability, sex and sexual orientation, religion or belief. Pregnancy, maternity, marriage or other relationship status are also not a barrier to application.</p>	
<p><b>Requiring reasonable adjustments to participate is not a barrier to applying, and this will be discussed with you, if you indicate that some may be necessary. You do not have to declare a disability but it would help with planning sessions.</b></p>	
<p>Training is currently delivered online through Microsoft teams. This is simple to use. Please indicate on the training form if you have access to a computer or electronic tablet and access to the internet. A phone is not suitable for participating in the training.</p> <p><b>Saying you don't have a suitable device does not mean you won't be accepted for the training, we have a plan for those who do not have this equipment.</b></p>	