



## Role Description for Project STRIDE Mentor

<p><b>Role Summary</b></p>	<p>The purpose of this role is to act as a mentor and provide one-to-one mentoring support to individuals with mental health issues, recovered from substance misuse and were victims of domestic abuse in the London Borough of Brent, Ealing and Harrow for 6 months. You will be mentoring people who have accessed the Eclipse service.</p>
<p><b>What tasks can this role include</b></p>	<ul style="list-style-type: none"> <li>• Support clients to identify socially inclusive goals and objectives</li> <li>• Meet with mentee for weekly sessions lasting up to 2 hours.</li> <li>• Establish a positive and supportive relationship with mentee</li> <li>• Provide information on educational and support resources available to them and how to access these resources and encourage the mentee to take them up.</li> <li>• Follow action plan for mentee, ensuring that the desired outcomes are achieved through the programme.</li> <li>• Support clients to maintain confidence and motivation</li> <li>• To attend supervision meetings and other relevant meetings required for the post.</li> <li>• To observe the following EACH's policies and procedures at all times when working with the mentee: Equal Opportunities, Safeguarding, DBS Policy, Code of Conduct, Confidentiality and Health &amp; Safety.</li> </ul>
<p><b>This might be the role for you if:</b></p>	<ul style="list-style-type: none"> <li>• You have knowledge or experience of issues affecting people with mental health issues</li> <li>• You have the ability to establish a relationship with the individuals based on trust, mutual respect and empathy.</li> <li>• You have good time keeping skills.</li> <li>• You have the ability to motivate others.</li> </ul>
<p><b>What are the benefits for you:</b></p>	<ul style="list-style-type: none"> <li>• Practical experience of working with people who have been affected by Mental Health.</li> <li>• An understanding and awareness of Mental Health and its effects and the challenges people face.</li> <li>• An opportunity to enhance your CV or learn new skills.</li> </ul>



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	<ul style="list-style-type: none"><li>• An opportunity to engage with your local community.</li><li>• An opportunity to gain experience with a well-respected charity delivering services in the community.</li></ul>
<b>What support and training will be provided</b>	<ul style="list-style-type: none"><li>• Mentoring induction and pack</li><li>• Regular and ongoing support from Project Coordinator.</li><li>• Ongoing training and support as the role requires.</li><li>• Reasonable travel expenses will be reimbursed.</li></ul>
<b>Location of the role</b>	<ul style="list-style-type: none"><li>• Either in Brent, Ealing and Harrow</li></ul>
<b>When are you needed</b>	<ul style="list-style-type: none"><li>• Mentors will need to commit for minimum for 6- 12 months</li></ul>
<b>Contact</b>	For further more information please contact Kushba Bibi on 0208 961 8623/ 07968 365836