

Peer Support Plan

By Sophie Barnett and Jake Eggerton



"We will provide advice and support to help make healthy decisions about their lives" – Sophie Barnett

"To help more young people realize their potential" – Jake Eggerton

Peer Support Service:

What the young people can expect from us:

- Full confidentiality and openness to disclosure.
- Advice and support on available services and gaining access to services throughout Herefordshire.
"Make it personal – so ask them what they want. Always make it clear it's to benefit them and they can get what they need."
- Work with us to gain support to build working relationships with workers (advocacy, general support and advice).
"To give young people support when they need one most....develop a more positive attitude...to understand more about kind behaviour and how to act accordingly"
- Access to workshops (ran by Peer Support Service) to learn and gain new skills such as budgeting, confidence building, cooking, sports and fun clubs.
"To help young people achieve something that is special to them."
- Drop in sessions for those who have not been referred.
"To the ones who seem unconfident...show them..."
- Follow up sessions after Pathway Plan meetings.
"When a care leaver is meeting with 16+ about personal issues, talk to them after (make it personal)."

What we expect from the young people:

- Sign up to a contract

What we expect from Hereford Local Authority:

- Consistent support and advice on how to help young people.
- Regular supervision.
- Help us build and promote our service – so get the word out; USE US!
"Getting others more aware of children in care and the care system."
- Use us to help provide young people with a full and better service – one they deserve.
- Help us to fundraise.

What we need to do our job properly:

- Training:
 - Safeguarding
 - Dealing with disclosure
 - Data protection

Noticing exploitation

Mental health awareness

Recording information

Boundaries

Recognise and deal with bullying

Risk and resilience training

- Advertisement
- Referral form
- Contract mobile phones
- Email to be able to accept referrals
- Facebook page so that young people can self-refer

“Me and Jake have a facebook page (but we need to have stuff to put on it and promote – so do in a few months).”

What qualities do you need to become a Peer Support Worker:

- Be on time
- Be friendly and approachable
- Want to make a difference to a young person’s life
- An awareness of the importance of confidentiality
- Be open and honest
- Be able to commit to agreed sessions with young people (so have time for them)
- Be able to work with professionals
- Be able go to supervision with participation worker
- Be willing to go on the required training

Making our service amazing:

- We are going to look at other Local Authorities to see best practice
- We are looking at the following existing schemes and good practice to inform our Service and Policies: