

Peer Facilitator Volunteer role description

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| Role title | Peer Facilitator Volunteer |
| Reporting to | Programme Lead |
| Time Commitment | Monthly for 1-2-hour peer social meet ups in local community. Minimum commitment of 6-12 months. |
| Purpose of the role | <p>The Irish Heart Foundation peer support meet ups provides weekly or monthly support to anyone affected by a heart condition or a stroke. The peer led meet ups provides lived shared experience in a safe and welcoming environment like a café or library. These meet ups can help to reduce social isolation and increase confidence and self-esteem.</p> <p>The role of the Peer Facilitator Volunteer is to oversee the organisation and promotion of the meet-ups and act as a point of contact. The peer facilitator can deliver these groups in person or online or both.</p> |
| What you will be doing | <p>Facilitate and organise and set up the meet up sessions online or in person.</p> <p>Act as lead for the meetings and point of contact for the venue (Library, coffee shop etc).</p> <p>Recruit Members through IHF networks and local hospitals.</p> <p>Welcome new members and ensure they have the information they need.</p> <p>Establish ground rules, frequency of meetings and to abide by these as well.</p> <p>Help to steer conversation and maintain a positive atmosphere, inviting a supportive response when difficult topics or conversations are introduced.</p> <p>Escalate any concerns to the programme lead where there is a safeguarding concern, or where there is an issue that cannot be managed within the meet up.</p> <p>To set up a communication source with group members for e.g., WhatsApp and act as main contact for this group.</p> |

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| Skills, experience, and qualities needed | <ul style="list-style-type: none"> • Commitment to IHFs values. • Ability to work within IHF Safeguarding & Volunteering policies and guidelines. • Comfortable working as part of a team. • Be patient, friendly, approachable and understanding. • Recognise the importance of confidentiality. • Good facilitation, organisational skills and ability to engage and build rapport. • Direct experience engaging with people living with cardiovascular conditions. • Over 18 |
| What you could get out of it | <ul style="list-style-type: none"> • Comprehensive induction, training, and ongoing support. • Learn about IHF campaigning work. • Being part of a friendly and diverse team. • Reference • Access to our EAP |
| Other relevant information | <p>This role requires the volunteer to have a Garda Vetting check. Guidance on how to do this will be provided by the IHF Volunteer Programme Team</p> |
| Benefits of Volunteering with The Irish Heart Foundation | <ul style="list-style-type: none"> • Full training provided & ongoing support and guidance. • Insights and understanding about social inclusion issues • References provided upon completion of required period of service. • Experience of working with a national charity and to be part of our volunteer community • Employee Assist Programme (EAP) for you and your family • Make a valuable contribution to heart patients and stroke survivors recovery journey • Opportunity to progress into other roles |
| What to do if you're interested | <p>Email jhfvolunteer@irishheart.ie</p> |

