



Compeer Volunteer

Role	COMPEER VOLUNTEER
Location	Canberra and Queanbeyan regions.
Why we need you	The Compeer Program complements professional care by providing the caring and consistent companionship of a volunteer friend, and mutually enjoyable activities that improve the quality of life of our clients. The aim of the program is to help people living with a mental illness by enhancing their self-esteem, sense of security, interpersonal trust, communication and social skills, and by including them in the life of the wider community.
How you can help	We require volunteers 18+ to be available to meet their Compeer friend weekly or fortnightly.
What will you be doing?	<p>You would be matched with someone in your local area, of same gender and similar age, who has some interests and/or attributes in common with you. You and your new friend will engage in enjoyable activities that are decided on a mutual basis. Activities that volunteers and their Compeer friends often do include going for coffee, going to the movies, to markets, for walks in parks, etc, depending on what is accessible and interesting for you and your Compeer friend.</p> <p>As a Compeer Volunteer, you will be required to:</p> <ul style="list-style-type: none">• Spend a minimum of 4 hours per month in social or recreational activities with your friend with a commitment to the friendship for 2 months.• Follow general Compeer guidelines and any specific instructions given by the referring health professional with regard to your relationship with your friend• Return a monthly report to Compeer Coordinator.• Attend compulsory training and peer support meetings• Attend other social events and ongoing training whenever possible.• Participate in an annual survey and provide other feedback to the Compeer Coordinator.
How much time will you spend?	Spend a minimum of 4 hours per month. To ensure continuity with your Compeer Friend you will also need to be committed to the friendship for 12 months after your training.
How we will help you	<p>Compulsory training is provided by the Compeer Coordinator to help you understand the Society, broad mental health issues and how Compeer program works. This is normally a good opportunity to meet with other potential volunteers, where your questions are answered and friendship responsibilities explained.</p> <p>The Compeer Coordinator also supports and helps the volunteer by monitoring the friendship and keeping the volunteer, friend and health practitioner informed of the relationships progress.</p>
Who will help you	You will be supported by the Compeer Coordinator.
How to register	Please fill in the form at the following address and in the Further Comments field, indicate the position you are interested in: http://www.vinnies.org.au/register-your-interest-national?link=1362

	Once we have received your completed forms, we will process your application.
What you need to help	<ul style="list-style-type: none"> • Compeer volunteers must be reliable, non-judgmental, emotionally mature, stable and respectful of your friend.
What you will get from volunteering?	<p>Being a friend to someone that is isolated is very rewarding especially for our volunteers as their friendship bridges the gap between isolation and social inclusion and also knowing that the friendship supported the health recovery of the Compeer friend.</p> <p>Additionally you will be making a friend, and you may find in time that you are receiving as well as giving in your Compeer friendship.</p>
Start Date	Ongoing recruitment.
End Date	We ask that our Compeer volunteers be committed for one year to ensure continuity for our Compeer friends. Compeer volunteers do not have to terminate their friendship at the end of the 12 months, in fact many friendships continue on beyond the 12 month commitment.
Want to know more?	<p>More information can be found on the Compeer website: http://www.vinnies.org.au/mental-health-in-compeer-act or by contacting your local Compeer office:</p> <p>Compeer ACT Ph: (02) 6234 7383 Email: compeer@svdp-cg.org.au Address: PO Box 642, Mawson, ACT 2607 (attn: Compeer Program Coordinator)</p>

Ordinary people helping anyone in need