

Befriending is one of a range of services that support over 70,000 stroke survivors, carers and families every year. Peer Supporters offer a particular kind of befriending support because they are stroke survivors or carers who use their own experience of stroke to support others. They help to reduce social isolation and build the confidence and self-esteem of people they support.

## What the role involves:

- As a peer supporter, you will spend an agreed amount of time with stroke survivors and carers on a one-to-one basis, developing a supportive relationship and helping them according to their individual needs.
- You may also support them to work towards achieving personal goals, and help them to become more independent and involved in their community.

## Who the role might suit:

- To be an effective peer supporter you need great listening skills and be able to talk to, and support, people in an empathetic and non-judgemental way.
- You also need experience of how a stroke affects people either as a stroke survivor yourself or as a carer of someone who has had a stroke and be able to use that experience appropriately to support others.
- If you are someone who enjoys conversation, meeting new people and likes to try new things, then this role might be a good one for you.
- Peer supporters have regular ongoing support from our staff but spend much of their time alone with the stroke survivors so you need to be someone who is comfortable working on your own.

## What the role can offer you personally:

- Being a peer supporter means you gain practical experience of working with people who have been affected by stroke, an understanding of the effects it has on them, and the challenges they face.
- Peer supporters also find it helps them develop new skills with a well-respected charity which can improve their CV and employability.
- It offers you a chance to meet new people.
- Many of our peer supporters say that this role is a great way to engage with, and support, their local community. They feel like they are making a difference and giving something back.

## Training for this role:

We provide all of our peer support volunteers with training so they feel confident in the role and give the best possible support to stroke survivors.

**Mandatory training** that you need to undertake for this role is:

- The Stroke Association Volunteer Induction (a one day face-to-face course).
- Introduction to Mentoring and Befriending (a one day face-to-face course).
- Personal Safety for Volunteers (a two-hour online learning webinar).

**Additional learning opportunities** are available to develop your skills and experience:

Client Assist / Emotional Impact of Stroke / Hidden Effects of Stroke / My Stroke Guide training / Safeguarding / Supporting People with Aphasia / GDPR module on STAR

**We also offer ongoing support and expenses where appropriate.**

## Where and when you would volunteer:

These details would be agreed with a staff member in one of our local teams. We endeavour to find our volunteers roles in their local areas that suit the time commitments they have available.

A Disclosure and Barring Service (DBS) check, an Access NI check or membership of the Protecting Vulnerable Groups (PVG) scheme is required for this role.

**Our vision** is for there to be fewer strokes, and for people affected by stroke to get the help they need to live the best life they can.

**Our core purpose** is to be the trusted voice of stroke survivors and their families. We want to drive better outcomes in stroke prevention, treatment and lifelong support for everyone affected by stroke.

**Volunteer and  
make a difference.**

Find out more about stroke, what we do and how you can help:  
**stroke.org.uk** or call our  
Stroke Helpline: **0303 3033 100.**