

We support over 70,00 stroke survivors, carers and families every year to ensure they get the help they need. Mentors offer a particular kind of support to stroke survivors by placing emphasis and ongoing focus on goal setting in order to help their recovery following a stroke. In doing so they help to reduce social isolation and build the confidence and self-esteem of the people they support.

## What the role involves:

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

## Who the role might suit:

- To be an effective mentor you need great listening skills and be able to talk to, and support, people in an empathetic and non-judgemental way.
- 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.
- Our mentors also need to be able to adapt to the specific needs of the person they are working with to in order to support them in the most appropriate way.
- Mentors 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 mentor 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.
- Mentors 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 mentors 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 mentors 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).
- Safeguarding the People we Support (a 45 minute 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.**