



Valuing, Respecting and utilising people's mental health experiences

Buddies Peer Support volunteer opportunity

Use your lived experience of mental health distress and/or addiction to support and empower others on their recovery journey.

Do you want to...?

- Make a difference in your community
- Build confidence and skills
- Strengthen your recovery
- Find a pathway to employment
- Use your lived experience to help others

Kites Trust: Who we are

Kites Trust is a peer-led mental health organization advocating for equal opportunities for; and consumer-leadership by people with lived experience of mental health and/or addiction.

About Buddies Peer Support

Buddies Peer Support is about “walking alongside” our tangata whai ora / people seeking wellness who are experiencing mental health distress and/or addiction at the acute-recovery units at Te Whare Ahuru (Lower Hutt Hospital) and Te Whare O Matairangi (Wellington Hospital).

To be a Buddies volunteer, you must identify as a “peer” having had **your own lived experience of mental health distress and/or addiction**. You must have consulted a GP or any mental health services about your mental health. All lived experiences of mental health distress and/or addiction are valid.

Buddies volunteers must have a level of understanding of the impact mental distress and crisis can have on a person's life.

You must also be **far enough along on your journey of recovery** and willing to safely share and utilize your own experience of this to extend support to others.

Time Commitment

- A minimum of **2 hours visit at the acute-recovery ward per fortnight**. Times are flexible according to when other Buddies volunteers are also available.
- **2 hrs per month for group supervision and team meetings**. Buddies volunteers are **expected** to attend group supervision monthly. Supervision offers a chance to discuss issues and concerns in relation to Buddies volunteer work and for you to grow and learn coping strategies from the supervisor and other Buddies.

Training

- One to two days core training at Kites Trust.

Mentoring period – gaining experience and developing confidence and competence

As a new Buddies volunteer, you will partner up with other experienced Buddies to visit the ward together. Once you have gained experience and confidence through attending regular ward visits, you can then choose to graduate to become an experienced Buddie yourself (in discussion with the Coordinator).

Becoming an experienced Buddie

Experienced Buddies offer support to new Buddies and show them the ropes when starting their visits to the ward.

Benefits of being a Buddies Peer Support volunteer!

- Opportunity to live out the purpose of sharing one's experience with others and walking alongside peers through their own mental health journey.
- Growth and development opportunity to learn social skills, self-regulation skills and learn about mental health.
- Become part of the peer movement and community.
- Make connections within the mental health peer movement, gain experience and build your portfolio.
- Build friendships with fellow volunteers and participate in social events!

Want to apply to become a Buddy? We would like to meet you! 😊

Here is what we need from you.

Requirements to apply and be selected as a volunteer:

√	Completed Application form
√	Short email introducing yourself and why you want to volunteer!

If you are interviewed:

√	Full vaccination record
√	*Police consent form for a criminal background check – completed and signed
√	Photo ID: Driver's license, passport or other ID with photo and address
√	Details of two people who can act as referees in support of your application

**Having a criminal record does not automatically disqualify someone from becoming a Buddie – applications are considered on a case by case basis.*

To apply to become a Buddies Peer Support volunteer or for any questions, please contact:

buddies@kites.org.nz

(04)389 9677 Mobile: 0204120156

94 Riddiford Street, Newtown, Wellington

Or check out our website at: kites.org.nz/buddies

Download and fill out an application form and email it to **buddies@kites.org.nz** or send it by mail to 94 Riddiford Street, Newtown, Wellington.