**Volunteer Health Mentor**

**Role Description**

Job title: Volunteer Health Mentor

Reporting to: Development Officer

Overall purpose: To facilitate mentor groups encouraging participants to make and maintain healthy changes in their lifestyle

**Main Duties and Responsibilities**

* To undertake initial training
* To facilitate mentor group meetings with a partner, ensuring that the core programme is covered
* Mentors work in pairs with a group of participants (people aged over 55 with or at risk of a long term condition)
* To help increase participants’ knowledge about their health/condition to achieve a healthier lifestyle
* To support participants to have greater independence and well-being in the community and reduce their likelihood of admission into hospital
* To support group participants to be more able to make informed choices about reducing / controlling risk factors for heart disease or type 2 diabetes.
* To liaise with the Development Officer regarding any problems arising within a mentor group
* To carry out appropriate administration procedures maintaining client confidentiality ie ensuring participants to the programme complete initial equal opportunity forms and final evaluation forms
* To facilitate group discussion ensuring that participants are supported to participate
* To inform group participants about Walk with Braveheart and Braveheart Plus when the mentoring group comes to an end
* From time to time, assist the Development Officer when giving talks in the local community or at local and national conferences
* To attend the six-weekly health mentor meetings as far as possible

**Role Profile**

Skills Must successfully complete the health mentors training course and participate in any further training. Good communication and organisational skills are desirable

Experience No previous experience is necessary as full training will be given.

Abilities Ability to mix with a cross section of the general public and vulnerable adults

*Please note: This post requires you to become a member of the PVG (Protecting Vulnerable Groups) scheme.*