

## Could Peer Support be for *YOU*...?

We welcome people of all ages and abilities, and offer the following opportunities should you decide to take up a voluntary or paid employment role within Sussex Oakleaf:

- Comprehensive induction and ongoing training
- Regular, individual support and supervision
- The opportunity to gain additional qualifications e.g. NVQ's with Central Sussex College
- A friendly and supportive team environment
- Valuable experience and up-to-date references if you want to move on in the future

### Contact Details

#### Head Office:

Phone 01444 459517 or  
email [info@sussexoakleaf.org.uk](mailto:info@sussexoakleaf.org.uk)

#### Community Wellbeing Services:

Mid Sussex services phone 01444 416391  
Crawley services phone 01293 534782

#### Peer Support Coordinator:

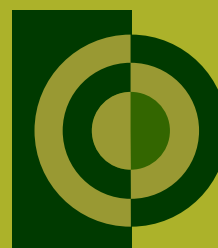
Nicki Sluter phone 07500 964404 or  
Email [nicki.sluter@sussexoakleaf.org.uk](mailto:nicki.sluter@sussexoakleaf.org.uk)



## Peer Support



## Training and Opportunities



Find out more...

## Peer Support

*If I can do it anyone can!*

Sussex Oakleaf is offering a fantastic opportunity to all service users to obtain a Peer Support qualification from the National Open College Network.

Regardless of your educational qualifications and background to date, the course is designed to provide you with a wide variety of information, skills and learning experiences in a friendly and informal environment.

These will improve your confidence, and enable you to support others appropriately, either informally or as an employed Peer Support Worker.

The course is run over 8 - 10 weeks for approximately 3 hours a week and covers topics such as:

- Professionalism and boundaries
- Listening skills
- Communication skills
- Confidentiality
- Employment - voluntary or paid
- Signposting to other services
- Data Protection

*Doing this has left me in no doubt that I am capable of working again which I never saw before*

*The course has made me realise there is more to life!*



*It has changed me from being a nobody to being a somebody*

*It has made me address other areas of my life so there is nothing stopping me from getting a job!*

*It was brilliant... I found that I had things to offer that I didn't know I could... It made me aware of my potential*