

# Reach Out Buddy Job Description

**Job Name:** Reach Out Buddy

**Responsible to:** Buddy Supervisor

## Reach Out Buddy Project overall aim

To provide support to a person in a hospital for people with learning disabilities or a psychiatric hospital who are autistic and/or has a learning disability. This will be a combination of listening, befriending, mentoring and advocacy, with the aim of supporting them to speak up for themselves and to improve their well-being.

## Main role responsibilities

- To develop a positive relationship with the person you are 'matched' through active listening and befriending
- To provide advocacy to increase the person's ability to be heard and get their needs met
- To provide support to the person so they are enabled to act in areas they might want to develop
- To increase their potential for improved well-being by creating a supportive, friendly, and reflective space
- To support the life planning process with an external life planner and the buddy
- To support Individuals have the least restrictive lives possible whilst in hospital



## Other responsibilities

- To liaise with the Buddy Supervisor and organisers of the project to identify an appropriate person to work with
- To provide a safe space in which the person can talk about their experiences, likes and dislikes, and other issues in their lives
- To build a friendly, effective short-term relationship with the person
- To plan your Teams/Zoom calls with the Buddy Supervisor in advance
- To listen to and help the person identify and address barriers they are experiencing (advocacy) and relay these to the Buddy Supervisor
- To offer perspective, drawing on your own experiences with the aim of supporting the person
- To listen and allow the person to feel heard and valued
- To keep liaise with the Buddy Supervisor after a call to check that adequate written records and actions related to the meeting are kept
- To take part in any additional training required.

## Time commitment

- To commit to working with a person for the duration of the Buddy agreement
- To meet with the person potentially each week for approximately 45 minutes
- To meet with the Buddy Supervisor each week
- To attend a Buddy meeting/supervision/support each week for up to an hour.



- The job will involve a minimum commitment of 5 hours and a maximum of 18hours.

## Support

- To undertake training to fulfil the Buddy role
- To work with your training team to explain any reasonable adjustments you might need
- To choose the support package that suits you, if/when you require it
- To participate in the weekly Buddy meeting/supervision/support meetings

## Safeguarding and wellbeing

- To work according to the guidance of the Reach Out Buddy Project
- To establish and maintain appropriate professional boundaries
- To work with people you are allocated and observe their confidentiality unless It Is a safeguarding matter
- To establish positive relationships with other Buddies in weekly meetings and observe their confidentiality
- To respect different cultural values and work in a non-discriminatory manner

## Buddy specification

We are looking for Buddies who have the following lived experience, attributes, skills and qualities:

- Must have been detained under the Mental Health Act



- Must have experience or knowledge of restrictive practices. This means that people forced you to do things that you did not want to do (e.g. coercion, restraint, seclusion etc)
- Beneficial to have knowledge and experience of long-term segregation
- Good at building supportive relationships
- Be able to question and challenge ‘the system’ constructively
- Respect confidentiality and data protection procedures. You will be provided with support to understand these.
- Ability to identify and address barriers for the person you are working with
- Ability to use your own perspective and lived experience professionally
- Have good planning and organisational skills or be able to work with support to plan and organise
- Skills in setting goals and record-keeping

## Person specification, qualities, and experience

Buddies will provide rich, diverse, and valuable knowledge and experience. Your perspective is very important and has the capacity to bring out the best in the people you are supporting. The qualities you bring will be unique. These are qualities every Buddy should have:

Supportive

Reliable

Positive

Committed

Enthusiastic

Interested

Friendly

Engaged



## Pay

This job pays £150 for half a day. You can choose how you get paid.

**If you are interested in this doing this job, please contact:**

Email: [recruitment@bild.org.uk](mailto:recruitment@bild.org.uk)

Or you can call Fiona. Her number is: 07973657088

