**Talk Together: Peer Support Volunteer**

**Application Form**

Thank you for applying for the role of Peer Support Volunteer for our Talk Together 121 Peer Support Service at the University of Surrey.

This application has XXX sections:

1. Personal Details (Required)
2. Your Mental Health and Wellbeing (required)
3. Role-Specific Questions (required)
4. Accessibility **(Optional)**
5. Demographic Questions **(optional)**

Please ensure you have read through the **Talk Together Peer Supporter Role Description and Information** document before applying.

To apply for this role, please complete the below application form with as much information as possible, telling us why you think you would be good for the role, why you would like to volunteer and what skills and experiences you have that you think you could bring to the role. Following your application, you may be invited for an informal interview by the VP Support and/or the Student Support Coordinator at the Students’ Union.

**Once complete, please send your application to** [**d.doughty@Surrey.ac.uk**](mailto:d.doughty@Surrey.ac.uk)

**Personal Details**

|  |  |
| --- | --- |
| **Personal Details** |  |
| Full Name: | URN: |
| Student Email: | Phone number: |
| Expected year of graduation: |  |

**Your Mental Health**

The wellbeing of our volunteers is our number one priority. We would really encourage you to let us know if you have current or previous experience of a mental health difficulty. We are keen to support you to make a decision about the best way to get involved with our work – so that you can make the most of volunteering for Talk Together! Our Support Coordinator will be in touch (usually via email) to invite you to have a further conversation about this.

Please note that we do not encourage students who are currently experiencing an acute mental health difficulty to take on the responsibility of facilitating support group sessions. The term acute mental health difficulty is taken here to mean that an individual is currently experiencing mental health difficulties which are substantially impacting on their quality of life and capacity to engage in

University education. We’d like to make sure that all of our volunteers are looking after themselves first, and we would encourage you to think about whether facilitating is right for you at this time.

If you would like to discuss this with a member of staff within the Students’ Union, then please do get in touch and we would be happy to chat.

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| Do you currently feel that you are experiencing any mental health difficulties? | Yes/No  (delete as appropriate) |
| Do these have an impact upon your social life or ability to engage in university? | Yes/No/Not Sure  (delete as appropriate) |
| Do you feel you have experienced any form of mental health difficulty previously? | Yes/No  (delete as appropriate) |
| Have you experienced these difficulties within the last 12 months? | Yes/ No  (delete as appropriate) |
| Have you had experience of supporting someone with a mental health difficulty? | Yes/No  (delete as appropriate) |
| Is there anything you would like to tell us more about your experiences with mental health difficulties or supporting someone with a mental health difficulty? *This just helps us understand your situation better so we can support you and work together to understand whether the role is the right fit for you at the time. Only provide as much information as you are comfortable with.* | |

**Role Specific Questions**

Answers to the next **5 questions** should be detailed yet concise and link back to the person specification and key responsibilities detailed in the role description.

Answers should be limited to **200 words per question**. You can use bullet points but please use full sentences. *If you are a Nightliner, please do NOT talk about it here as anonymity cannot be guaranteed. However, please let Zoe Wilkes (Student Support Manager) know if you are a Nightliner applying to be a facilitator:* [*z.wilkes@surrey.ac.uk*](mailto:z.wilkes@surrey.ac.uk) *and she will discuss this with you.*

1. Why do you want to be part of the Talk Together team?

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1. The Talk Together team aims to improve the wellbeing of the University of Surrey’s student community through 121 conversations and workshops.

What do you think the 3 key attributes are that a Talk Together volunteer should have and how do you personally demonstrate these?

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1. The Talk Together team must be able to commit 2 hours per month and will be volunteering either weekly or fortnightly shifts.

What experience, techniques and/or skills do you use to manage your time effectively whilst at University?

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1. Consider this scenario:

You are delivering the 121 conversations. This is our listening service and volunteers are not allowed to give advice.

You are chatting to a first year student. They tell you they are struggling to settle in. They don't feel they've found a good group of friends yet and are finding the course work challenging. They get a little upset when explaining this.

How would you handle this situation during AND after the conversation?

*Please note: You are not expected to know exact processes or services - we just want to get an idea of what your instincts are and what you would prioritise in this situation.*

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1. The work of Talk Together can sometimes be challenging and may have an impact on our own wellbeing occasionally. It is important we support our volunteers to look after themselves too.

What strategies/activities do you use to look after your own mental health and wellbeing?

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| **Time commitment**  As a Peer Support Volunteer, you will be expected to run at least two sessions each semester, contribute at least two hour of administration work and be on ‘standby’ at least once in each cycle. Although we are unsure on the exact hours this may be, we anticipate around 10 hours each term. | |
| I understand that I am expected to volunteer with this project for a full academic year after training and I am confident that I will be able to do this? | Yes / No |
| I understand that I need to commit at least 10 hours a term to this project and I am confident that I will be able to do this. | Yes / No |
| Are you able to attend the training evening on **26th and 27th October (all day)** | Yes / No |

**Accessibility and Demographic Information (optional)**

Your answers to these questions will not affect your application outcome but will instead be used to help with our planning and organising of the training, should you be successful.

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| Do you have any specific adjustments/requirements that would help you at training or to volunteer with us? Yes / No  If yes, please let us know what you may need: |

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| Do you have any dietary requirements? Yes / No  If yes, please let us know: |

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| What motivated you to apply for this role? *Please select up to three options by putting an X in the box provided.* | | |
|  |  | Work experience/ to develop my CV |
|  |  | Prior personal experience of mental health difficulties |
|  |  | Prior experience of supporting a family/friend with their mental health |
|  |  | My personal values  Wanting to do something meaningful/to give back |
|  |  | Developing skills |
|  |  | To enhance learning from my University course |
|  |  | Something to do in my spare time |
|  |  | Meeting new people / Making friends |
|  |  | Other (please specify) |
| Where did you hear about this opportunity? | | |

### EQUAL OPPORTUNITIES - Monitoring Form

**Position applied for:** …………………………………………………………………………………………………

We are committed to equal opportunities in our recruitment/election procedures and in order to find out how well we are doing with this we need to collect monitoring data. This monitoring form is voluntary but the information we collect is very useful to us as it helps us to make sure that we are an inclusive organisation. The information you supply on this form will be kept confidentially.

**Your ethnic origin**

These categories are based on the Census 2011 categories and recommended by the Commission for Racial Equality

**Asian, Asian British, Asian English, Asian Scottish or Asian Welsh**

* Asian/Asian British
* Bangladeshi
* Chinese
* Indian
* Pakistani
* Other Asian background (specify if you wish):

**White**

* British
* English
* Gypsy or Irish Traveller
* Irish
* Scottish
* Welsh
* Other White background (specify is you wish):

British, Black British, Black English, Black Scottish or Black Welsh

* African
* Caribbean
* Other black background (specify if you wish):

Mixed

* White and Asian
* White and Black African
* White and Black Caribbean
* White and Chinese
* Other mixed background (specify if you wish):

Other ethnic group

* Arab
* Other ethnic group (specify if you wish):

Prefer not to say

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Your gender

* Male
* Female
* Prefer not to say

Have you ever been identified as transgender?

* Yes
* No
* Prefer not to say

Disability

The Equality Act 2010 defines a disabled person as someone who has a physical or mental impairment which has a substantial and long-term adverse effect on their ability to carry out normal day to day activities.

Do you consider yourself to be disabled?

* Yes

Please specify:

* No
* Prefer not to say

September 2024