



Peer Navigator

'Peer': Noun; a person of the same age, status, or ability as another specified person

'Navigator': Someone who relies on their expertise to steer the way

About Waverley Care

Scotland is on track to be one of the first countries in the world to achieve zero HIV transmissions, and Waverley Care will play an essential role in getting us there.

A positive HIV diagnosis still has the power to knock people off their feet and impact every part of their lives. People living with HIV still carry the burden of decades of discrimination and misinformation about HIV. HIV is treatable, but the stigma and shame surrounding HIV holds people back and makes it different to other life-long conditions. Stigma and the fear of an HIV diagnosis still prevents many people at risk getting a test and knowing their status.

Our vision is for a Scotland where no one faces HIV alone, we will achieve this by fighting stigma and empowering people living with HIV to live full and healthy lives.

Waverley Care is Scotland's leading HIV and hepatitis C charity, and everything we do is guided by the experiences of the people we work with – this ranges from shaping the services we deliver through to how we influence national policy around sexual health and blood borne viruses.

We are at an exciting point in our history as we strive to reach the goal of zero transmissions by 2030. There is much work to be done, but as an organisation we are driven to create lasting change for everyone in Scotland living with, or at risk of HIV or hepatitis C.

You can find out more about the work we do at our website www.waverleycare.org.

About the role

Peer Navigators are volunteers who have lived experience of a blood borne virus. They provide emotional and social support to others with whom they share a common experience, covering a specific aspect of living with a blood borne virus, which the service users may be having issues addressing. Peer mentoring, unlike befriending, is restricted to a limited number of sessions to focus attention on a specific element of living with a blood borne virus.

About the person

Peer Navigators are considerate, understanding and empathetic. We are looking for individuals who can use their own life experience to support others in a positive and appropriate way. Peer navigators have a deep understanding of the barriers to accessing support and the stigma people face whilst living with a blood borne virus. Being Peer Navigator volunteer would mean you are self-aware and self-regulated. Peer Navigators have a deep understanding of their own blood borne virus and can use this knowledge to support others, offering observations and guidance.

Peer Navigators are confident and comfortable sharing their experience of living with a blood borne virus and have a understanding of the issues surrounding confidentiality and stigma which affect many people living with a blood borne virus.

You can tell a Peer Navigator by their knowledge, listening skills and ability to influence change.

Key strengths

- **Informality:** Peer Navigators can offer support based on their own lived experience. Because of this, they support the emotional and social growth of the people we work with by establishing trust and shared experience.
- **Problem-solvers:** Because of their lived-experience, they have great problem-solving skills. They can guide and support people to the best option for them by reflecting the possibilities available to them. They are knowledgeable enough to understand the complexities of clinical, emotional and social aspects of living with a blood borne virus and to offer appropriate guidance.
- **Positive Impact:** Peer Navigators get involved because they want to make positive change. They are the ultimate movers and shakers in supporting peers and identifying issues surrounding lived experiences of blood borne viruses. They want to ensure people have better experiences with services and support and aim to build a better future.

Responsibilities and duties

- Meeting with Service users on a one-to-one basis in an informal, neutral social setting, or in a private neutral setting.
- Engage in general conversation with service users.
- Inspiring trust in people and facilitating the ability for them to be open in discussion about concerns.
- Have a detailed knowledge of the relevant blood borne virus and be able to discuss various issues surrounding it, such as diagnosis, disclosure, treatment options etc.
- Engage in discussion from the perspective of mutual experiences of living with a blood borne virus.
- Explore and examine specific issues relating to the specific blood borne viruses and offer support and guidance to address concerns.
- Have knowledge of other support services and groups which can be signposted to service users.
- Be able to identify where someone may be at risk or require referral to additional support services and go on to facilitate this.
- Listen to service users and highlight any concerns to Waverley Care support staff.
- Have the knowledge to understand and support service users.
- Carry out pre & post mentoring assessments and demonstrate positive changes made through the course of the mentoring sessions.

Support and training

- Peer Navigators will have a designated member of staff as their back up support.
- Peer Navigators will receive regular one to one support. This can be tailored to suit your individual needs (over coffee, phone call, in person etc.).
- Support is available via an “open door policy”, scheduled catchups will also be provided.
- Peer Navigators can access group support at monthly arranged meetings with the Peer coordinator and other befrienders and peer supporters to discuss and share experiences and learn from others.
- Comprehensive Peer Navigator training to a nationally recognised level will be provided and updated appropriately.