**Experts-by-Experience wanted**

AVA are recruiting up to 15 women (aged 18 and above), to help co-develop and co-deliver training around supporting women who have faced gender-based violence and experienced poor mental health. The training is intended to support the delivery of peer support programmes being delivered for and by women with experience of multiple disadvantage in London and the South West. The aim of involving experts is to ensure the response to women is based on an informed knowledge base.

We are looking for women who:

* Have experience of gender-based violence (GBV): this maybe - domestic violence, sexual violence, so-called honour based violence, female genital mutilation, stalking and harassment, trafficking or sexual exploitation.
* And, define themselves as having experienced mental ill health

Experts by experience will help develop training materials and receive support in training delivery. Experts will then be given the opportunity to co-deliver courses.

**What is the purpose of the training?**

AVA have been funded to provide two regional hubs, in the South West and London. The hubs are part of Women Side by Side, a programme that aims to improve the mental health of women facing disadvantage through access to peer support. The project is supported by Mind and Agenda, the alliance for women and girls at risk. The training will be delivered to those providing peer support, including peer supporters. The training will help ensure peer support programmes are able to understand and support women in the group who have faced gender-based violence.

We have attached the personal specification and full details of the role. We hope that you would help us by circulating this amongst people in your organisation who have these experiences and are looking to build their skills and experience

**Who are AVA?**

AVA are a leading charity committed to ending gender based violence and abuse. AVA strive to improve services for survivors through our learning, resources, consultancy and end violence against women and girls through our policy, research and prevention work.

**Role Title: Expert by Experience trainer**

**Main Functions**

* To co-develop training around domestic abuse and women’s mental health
* To help develop tools around supporting women in a peer support context
* To help co-deliver training with an AVA trainer
* To help improve the response to women facing domestic violence and mental ill health.

**Why experts by experience**

AVA have been funded by Mind and Agenda, the alliance for women and girls at risk, to provide two regional hubs, in the South West and London. The hubs are part of Women Side by Side, a programme that aims to improve the mental health of women facing disadvantage through access to peer support. Part of this is the recognition that many women who face mental ill health have also experienced domestic abuse. The training will be offered to those delivering the peer support initiatives.

We believe that the input of experts by experience will ensure that the women’s peer support initiatives will be shaped by and for women who have faced violence and abuse. We want to ensure that women’s peer support understands, recognises and responds appropriately to those in the group who have faced gender-based violence.

**Is this project for me?**

You do not need to have done anything like this before, we want women with experience who understand the lives and experiences of the women involved in the peer support programmes. We are looking for women who want to both help other women and gain skills in producing and delivering training.

**What experience do I need?**

We want to ensure that the voices of women who have faced domestic abuse and mental health shape the training we deliver. We are interested in working with you if you:

* Have faced domestic and or sexual violence
* And, define yourself as having experienced mental ill health
* We are also interested in recruiting women who have: used substances in a way that has impacted on their well-being (substances may include alcohol, illegal drugs, prescribed and over-the counter medications), had contact with the criminal justice system; experienced homelessness; have been involved in prostitution or sexual exploitation
* We would like you to be prepared to help co-deliver training - with the support of an AVA trainer
* We would ask that you feel comfortable identifying as an expert by experience when co-delivering training - you would not be expected to share your story if you don’t want to.
* We ask that you have support in place if you feel you feel you need it
* We ask that you are not currently experiencing domestic or sexual violence
* We would like to ensure that the voices of BME, disabled and LGBTQI women are represented and would welcome applications from women from these groups.

**Qualities of an expert by experience**

We are looking for women who will:

* Be committed and reliable
* Be passionate about the project
* Treat others in a non-judgemental way
* Understand the importance of boundaries
* Be keen to learn new skills including analysis and presentation skills
* Have discretion and ability to maintain confidentiality
* Have support in place and accessible if needed during the course of the project

**No previous training or work experience is necessary**

We are looking for women who:

* Practice good time keeping
* Feel able to work on own initiative
* Feel able to participate in a group
* A good level of conversational and written English is required
* Not currently in a crisis situation
* Participants will be asked to undertake a DBS check, AVA undertakes not to discriminate unfairly against any subject of a criminal record check on the basis of a conviction or other information revealed and welcome applicants with a criminal record. The role of the DBS check is ensure effective safeguarding.

**What will I gain from the project?**

While peer support has been around for some time in mental health, this programme is the first time that there has been an attempt to create national best practice around what works for women. This is a chance for you to shape the approach.

By participating in the project you will get a chance to:

* Gain key transferable skills that can be used as evidence for employers or access to further training including: verbal and written communication skills, evidence of self motivation and initiative, planning and organisational skills, evidence of drive, evidence of working with people, evidence of time management and evidence of flexibility
* Help inform the response to women who have faced mental ill health and domestic abuse
* Help create best practice in women’s peer support and build the tools and training to enable improved responses to women
* Involvement in a high profile national project
* Experience of shaping the work of national charities to improve the lives of women facing domestic abuse and mental ill health
* A certificate indicating your achievement in the training

**Time Commitment and expenses**

Volunteers will:

* Commit to attending up to 2 days of training in spring/summer of 2019
* Offer input into training materials by commenting on documents via email or an online group chat forum
* Co-deliver at least one training session with AVA
* Time commitment will be equivalent to up to one day a month until January 2020
* We will pay any travel and expenses to attend training
* You will receive a payment in vouchers for training sessions that you co-deliver
* Childcare costs can be covered to enable participation

**How do I apply?**

If you are interested in becoming an expert by experience then please fill out the form on the next page. We want to recruit women with a wide range of experiences and as such it is fine to discuss the form with others and get help in filling it out.

We ask that you provide us with a reference. We would like this to be someone who knows you through their job for example a former employer or support worker. We ask that you choose someone that it is ok for us to contact before offering you a place.

We also ask that you complete the safeguarding form so that we can ensure you have support in place.

Remember to complete:

* Why are you interested in the role
* What experience do you have that makes you suitable for the role?
* The name of a person who can give you a reference
* Wellbeing information
* Please also complete the equality monitoring form

Please email the form to Lucy Allwright at [lucy.allwright@avaproject.org.uk](mailto:lucy.allwright@avaproject.org.uk). We will then give you a call to have a quick chat about the project

The deadline for applications is Monday June 24th

If you have any questions please feel free to email or call Lucy Allwright on [lucy.allwright@avaproject.org.uk](mailto:lucy.allwright@avaproject.org.uk) or 020 3752 5535 - We are happy to call you back!

Please complete the following on no more than two sides of A4

|  |  |
| --- | --- |
| **Your Name:** |  |
| **Contact Number:** |  |
| **Email Address:** |  |
| **AVA have a range of training, events and opportunities. Please confirm if you would like your email address to be added to our newsletter** | Delete as appropriate:  Yes  No |
| **What part of the country are you in? For example, London, South East, South West.** |  |
| **Why you are interested in becoming becoming a peer trainer?** | |
| **What experience do you have that makes you suitable for the role?** | |
| **Name of Referee:**  **How do you know your referee?** |  |
| **Contact details of Referee**  **Phone number**  **Email address** |  |

**Your wellbeing and mental health**

We want to ensure that the women we work with are in a safe place as such we ask that you are not currently facing violence and abuse. We also ask that should your situation change that you are able to access support.

We also understand that your mental health and wellbeing can change over time. We ask that you have strategies and support systems in place.

We ask that you complete a DBS check - we actively encourage women with criminal records to apply. AVA work with people who have faced violence and abuse and as such both paid staff and volunteers undertake a DBS check allows us to ensure we can protect those we work with.

|  |  |
| --- | --- |
| I confirm I am not currently experiencing abuse |  |
| I have a plan in place for if I face abuse and know what services / supporters to contact |  |
| I confirm that I am able to access help or have strategies in place to support my own mental health |  |
| I confirm I am happy to complete a DBS check |  |

While AVA are specialists in domestic and sexual violence we are not a direct support service. We will support you in your training and development but are not able to provide direct support related to violence and abuse. We do have links to organisations that can offer support if you make disclosures to us that you need help.

If you are currently facing domestic abuse then you can contact the free 24 National Domestic Violence Helpline on 0808 2000 247, the helpline offers BT typetalk for callers with hearing difficulties and also offers access to interpreters.

If you feel like you need to get access to support or information for your mental health you can contact:

The Mind infoline

0300 123 3393

info@mind.org.uk

Text: 86463

For a listening ear or just someone to talk to the Samaritans are open 24 hours a day, 7 days a week. You can call them on 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

# **Equalities Monitoring Information**

AVA wishes to monitor the effectiveness of its Equal Opportunities Policy and ensure that no direct or indirect discrimination is taking place. In order to help us do this we would like you to complete this form. This form will be detached from your application form and will not be used to influence the selection process in any way.

Please choose one option from each of the sections listed below and then tick or place an X in the appropriate box.

## **A. Age**

|  |  |
| --- | --- |
| Under 16 |  |
| 16 - 24 |  |
| 25 - 34 |  |
| 35 - 44 |  |
| 45 - 54 |  |
| 55 - 64 |  |
| 65+ |  |
| Prefer not to say |  |

## **B. Disability**

### Do you consider yourself to have a disability?

|  |  |
| --- | --- |
| Yes |  |
| No |  |
| Prefer not to say |  |

If yes please tick the boxes that apply

|  |  |
| --- | --- |
| Blindness or visual impairment |  |
| Deafness or hearing impairment |  |
| Learning difficulty |  |
| Mental ill health |  |
| Restricted mobility |  |
| Other, please specify | |

## **C. Gender**

|  |  |
| --- | --- |
| Male |  |
| Female |  |
| Transgender |  |
| Prefer not to say |  |
| Other, please specify | |

## **D. Sexual orientation**

|  |  |
| --- | --- |
| Bisexual |  |
| Gay |  |
| Lesbian |  |
| Heterosexual |  |
| Prefer not to say |  |
| Other, please specify | |

## **E. Ethnic group**

|  |  |
| --- | --- |
| Asian - Bangladeshi |  |
| Asian - Indian |  |
| Asian - Pakistani |  |
| Asian – British |  |
| Any other Asian background (specify if you wish) |  |
| Black – African |  |
| Black – Caribbean |  |
| Black – British |  |
| Any other Black background (specify if you wish) |  |
| Chinese |  |
| Mixed White and Asian |  |
| Mixed White and Black African |  |
| Mixed White and Black Caribbean |  |
| Mixed White and Chinese |  |
| Any other Mixed background (specify if you wish) |  |
| White - British |  |
| White – Irish |  |
| White – European |  |
| Any other White background (specify if you wish) |  |
| Gypsy or Traveller Community |  |
| Prefer not to say |  |

## **F. Religion or belief**

|  |  |
| --- | --- |
| Agnostic |  |
| Atheist |  |
| Baha’i |  |
| Buddhist |  |
| Christian |  |
| Hindu |  |
| Jain |  |
| Jewish |  |
| Muslim |  |
| Sikh |  |
| Zoroastrian |  |
| Rastafarian |  |
| Any other religion or belief (specify if you wish) |  |
| Prefer not to say |  |

Please check you have completed:

* Why are you interested in the role
* What experience do you have that makes you suitable for the role?
* The name of a person who can give you a reference
* Wellbeing information
* The equality monitoring form

Please email the form to Lucy Allwright at [lucy.allwright@avaproject.org.uk](mailto:lucy.allwright@avaproject.org.uk). We will then give you a call to have a quick chat about the project

The deadline for applications is Monday June 24th

If you have any questions please feel free to email or call Lucy Allwright on [lucy.allwright@avaproject.org.uk](mailto:lucy.allwright@avaproject.org.uk) or 020 3752 5535 - We are happy to call you back!