

FACT SHEET

Peer Support Volunteers



Have you adapted to the challenges of limb loss? Do you feel you are ready to support others through a similar, life-changing experience?

We are looking for peer support volunteers to provide emotional, social and practical support to people facing limb loss. This support helps alleviate feelings of isolation, depression and related fears.

Our Peer Support Service matches trained volunteers with other people who are facing the challenge of limb loss. Meetings take place in public places, such as cafeterias. Support may also occur on the phone. Occasionally, visits may be at hospitals or rehabilitation centres.

What do peer support volunteers do?

- Provide casual and informal support.
- Share their own personal experiences.
- Discuss problems or concerns.
- Encourage people in need of support to seek assistance.
- Provide information on other available support services.

Note: Peer support volunteers are **not counsellors**.



Who is a peer support volunteer?

A peer support volunteer is a person who:

- Has adapted to limb loss.
- Is at least three years post-amputation.
- Is caring and supportive.
- Can communicate confidently and effectively.
- Is able to maintain confidentiality.

During the recruitment and appointment process, we make sure our volunteers are ready to provide the best support possible by providing them with the right training and information.



Potential volunteers also have a referee and police check.

How do I become a peer support volunteer?

If you think you have what it takes to become a peer support volunteer, please get in touch by emailing info@peersupport.nz. We will send you more information, along with an application form.



For more helpful resources, please visit our website: www.pw.co.nz/resources

Contacts

Peer Support Service

☎ 0508 733 778

✉ info@peersupport.nz

Amputees Federation of New Zealand

🌐 www.amputee.co.nz

Self help information

Citizens Advice Bureau

🌐 www.cab.org.nz

Work and Income – health and disability related benefits

🌐 www.tinyurl.com/disabilityB

Learn more about Peke Waihanga

🌐 www.pw.co.nz

🌐 www.orthoticservice.co.nz

🌐 www.peersupport.nz

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Peer Support Service

Te Pou Aropā Takitoru

Peer Support brought to you by Peke Waihanga in collaboration with Amputees Federation of New Zealand and Limbs 4 Life.