

Peer Support Volunteer

Role Description

Role Title	Peer Support Volunteer
Location	Currently Bristol or Taunton with potential to expand into other areas such as Bath and North East Somerset, North Somerset and South Gloucestershire as the project develops.
Time Commitment	To commit to volunteering for at least six months. Providing support to either: • Monthly drop-in sessions of 3 hours per month taking place in Bristol or Taunton. • Fortnightly peer support groups taking place over a 12-week period of 4 hours per session taking place in Bristol, Taunton or online.

Equal Opportunities

SARSAS values diversity and welcomes applications from all sections of the community, particularly those currently underrepresented. We are committed to creating inclusive, accessible and trauma-informed spaces for volunteers, staff and survivors.

About the Role

At SARSAS we believe in the importance of peer support as a way for survivors to support one another through shared understanding, connection and encouragement. By meeting others with similar lived experiences, people can feel less alone, build confidence and continue their healing journey together.

As a Peer Support Volunteer, you will work with a member of the SARSAS Groupwork team to support our new peer support groups and/or our community drop in spaces.

Peer Support Volunteers help create welcoming, supportive spaces where survivors can connect with others who understand the impact of sexual violence and abuse. Through mutual support, peer communities can reduce isolation, build confidence and foster hope.



This is an opportunity to become part of a growing survivor-led project. There is no expectation to share personal experiences, and everyone is encouraged to contribute in ways that feel safe, comfortable and authentic for them.

The role is flexible and can grow over time. Some volunteers may simply enjoy being a welcoming presence within groups, while others may choose to help shape new activities and opportunities as the project develops. Volunteers can choose the level of involvement that feels right for them.

To see more about our drop-in and watch a short film follow this link: [Drop-In Support Sessions | SARSAS](#)

Role Description

- To help create welcoming and inclusive peer support spaces for people who have experienced rape and/or sexual violence at any point in their lives.
- To support either a fortnightly peer support group or a regular monthly peer support drop-in alongside staff and fellow volunteers.
- To help create opportunities for connection, belonging and mutual support.
- To contribute to the development of a growing survivor-led peer community at SARSAS.
- To support (and receive support from) the Group Facilitator, Group Work Coordinator and fellow Peer Support Volunteers.
- To complete any administration relevant to the role.

Role Expectations

- Have lived experience of sexual violence or abuse. If you have previously accessed SARSAS services, we ask that you have been out of service for at least six months.
- Attend initial training for the role.
- Commit to volunteering with SARSAS for at least six months.
- Commit to supporting either fortnightly peer support group or a regular monthly peer support drop-in.
- Help create a welcoming and supportive environment while respecting individual choices and boundaries.
- Provide listening support, information and signposting where appropriate.
- Attend Reflective Practice sessions to support your wellbeing.
- Attend briefings and debriefings before and after sessions.
- Participate in ongoing training and development opportunities.
- Contribute ideas and feedback to help shape the future of peer support at SARSAS, if you wish.
- Adhere to relevant SARSAS policies and procedures.



Skills, Experience and Qualities Needed

- Lived experience of sexual violence or abuse.
- An empathic, compassionate and non-judgemental approach.
- To be feeling stable and secure in your own life, to be able to support others.
- Good communication and listening skills. A friendly, warm and able to connect with people who may be feeling understandable anxious.
- Confidence to work alongside others within a small group setting.
- The ability to maintain clear and healthy boundaries.
- Good reliability and timekeeping.
- Respect for diversity and different lived experiences.
- Basic IT skills or a willingness to learn.
- Experience of volunteering or group settings is welcome but not essential.

Support SARSAS will provide

- Briefing and debriefing before and after sessions.
- Regular reflective practice and supervision.
- Ongoing support from the Group Facilitator, Group Work Coordinator, Volunteer Coordinator and fellow volunteers.
- Training and ongoing development opportunities.
- Social events and opportunities to connect with the wider SARSAS community.
- Reimbursement of reasonable out-of-pocket expenses in line with SARSAS policy.
- Opportunities to help shape and develop peer support and other survivor-led projects.

What You Can Gain from Volunteering with SARSAS

- Be part of building a survivor-led peer community.
- Continue your own healing journey through mutual peer support, using your lived experience to support others while building confidence, hope and a sense of empowerment.
- Support other survivors by helping create safe and welcoming spaces.
- Build confidence and develop new skills.
- Gain valuable experience for future volunteering, education or employment.
- Develop awareness and understanding of trauma-informed practice.
- Be part of a supportive team of volunteers and staff.
- Access further training and development opportunities.
- Get involved in other SARSAS services, projects and campaigns if you wish.
- Receive a reference after six months of volunteering.

**Other Relevant Information**

All volunteers must undertake a basic DBS and reference checks before beginning the role

If you have any questions, please email volunteer@sarsas.org.uk

Or if you would like an informal chat about the role before applying, please call Kathy on 07930 134191.

To Apply

Please complete the application form and return to volunteer@sarsas.org.uk

Deadline: Friday 31st July 2026