



Oxford Health
NHS Foundation Trust



IPS Peer Support Service

What is an IPS peer support worker?

An IPS peer support worker refers to a member of the IPS team who has similar life experiences to people who receive IPS services. IPS peer support workers share how they overcame obstacles to achieve their own career goals, and how they continue to move forward in their own recovery.

IPS peer support group

The IPS peer support worker runs an IPS Peer Support Group which takes place fortnightly over Microsoft teams. This is a place where clients using the IPS service come together to share their experiences of finding employment.

The IPS peer support worker also delivers employment focused workshops during these sessions. Client family members and carers are welcome to attend the IPS peer support group meetings.

A service user with lived experience says:

"Active participation in the workshops conducted by the IPS service has increased my resilience and inspired hope. I am now convinced that the IPS workshops are the stepping stones to my future employment."

Based upon their own lived experience, an IPS peer support worker can provide:

- ✔ Sharing information about your mental health to an employer if you choose to do so
- ✔ Creating positive statements
- ✔ Building confidence for interviews
- ✔ Explaining employment gaps
- ✔ CV building
- ✔ Wellness at work action planning
- ✔ Help with employment goals
- ✔ Skills profiling
- ✔ In work support
- ✔ Coping strategies and methods to help maintain mental wellbeing at work.

How can I be referred for IPS peer support?

Ask your IPS employment specialist to refer you to the teams' IPS peer support worker. The IPS peer support worker will then contact you to explain more about peer support and how they can support you within the service.

Write to us

Oxford:

OxonEmploymentService@oxfordhealth.nhs.uk

Buckinghamshire:

BucksEmploymentService@oxfordhealth.nhs.uk

Accessibility

Patient information leaflets are available on our website:
www.oxfordhealth.nhs.uk/leaflets

Get in touch

Address Oxford Health NHS Foundation Trust
Trust Headquarters
Littlemore Mental Health Centre
Sandford Road, Oxford OX4 4XN

Phone 01865 901 000
Email enquiries@oxfordhealth.nhs.uk
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Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971
Email PALS@oxfordhealth.nhs.uk

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