

Someone Like Me

A Peer Mentoring Programme

The
'Someone Like Me'
programme is supported by;



Spinal Injuries Ireland

Support at every stage

Ireland's only dedicated support service
for people living with spinal cord injury

Contact Us

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SII relies on donations for **61%** of funding.
Find out how you can donate or get involved
at
www.spinalinjuries.ie



Spinal Injuries Ireland (SII) - Who we are:

A not for profit agency, our sole aim is to provide support to people with a spinal cord injury and their families at every stage of their experience.

What is Peer Mentoring?

Peer mentoring is a form of mentorship that usually takes place between a person who has lived through a specific experience (peer mentor) and a person who is new to that experience (peer mentee). A peer mentor is someone who has successfully faced a similar experience and can provide good counsel and empathic understanding to help the peer mentee adjust to their new circumstances.

Someone Like Me - In the NRH

While you are a patient in the NRH, SII together with the NRH provide an opportunity for you to attend a relaxed and informal peer mentoring session every other week.

When? Every other Monday evening from 7pm to 8pm.

Where? The Lecture Room on the first floor of the NRH (first left after the chapel).

What happens? Between 2 and 4 peer volunteers attend the session and all spinal cord injury (SCI) patients are welcome. After the peer volunteers have introduced themselves, you are invited to chat as a small group or on a one-to-one basis while enjoying light refreshments. If both you and the peer mentor would like to continue with your peer relationship, you can arrange to meet or talk over the phone at another time.

If you would prefer to be matched with a peer volunteer on a one-to-one basis without attending a group session, this can be arranged.

Please contact Kate on 085 858 4247.

Someone Like Me - At Home

SII has trained a number of people with SCI to become peer mentors in the community. The 'Someone Like Me' programme is open to all individuals with a SCI, regardless of how long ago the injury was acquired.

Some of the reasons you may wish to link up with a peer mentor could be:

- You have recently sustained a SCI and are looking for advice on adjusting to your life at home.
- Perhaps you are looking to try something new such as a new job, a particular sport /activity / hobby or are about to become a parent. This programme aims to give you the opportunity to speak with someone who has first-hand experience of your chosen goal.
- You have a specific medical condition which has caused your SCI and you would like to speak to someone who is living with the same condition.
- You are struggling with a specific issue associated with your SCI and you would like to speak with someone who has the same issue.
- You are experiencing the challenges of growing older with a SCI and would like to speak to others in a similar situation.

You can talk to a peer mentor on a one-to-one basis in person, over the phone, or meet with a peer mentor in a small group setting.

This service is currently available in Dublin and Cork and will be expanded to cover other areas as funding becomes available.

To be linked to a peer volunteer mentor in Dublin, please contact Kate on 085 858 4247 / kate@spinalinjuries.ie

To be linked to a peer volunteer mentor in Cork, please contact Deirdre on 087 1845 935 / Deirdre@spinalinjuries.ie