

## Role Description

### Volunteer Befriender

### Project – Social Inclusion

#### Main Purpose:

Befriending support is a positive step towards engaging with people who may have little or no contact with others. A regular weekly visit by a volunteer befriender can make all the difference to someone who might be suffering from loneliness and social isolation.

#### What will I be doing?

As a Volunteer Befriender, you will provide a regular friendly visit with a resident within the Rushmoor District. You will be matched with a person based on yours and their interests and preferences. Your involvement will support the resident to feel less isolated and will focus on their individual's strengths, helping them to regain confidence, and to feel connected and valued.

#### What skills do I need?

We are looking for people who can engage easily in conversation and who are:

- ✓ Friendly and empathetic
- ✓ Good listeners and have a non-judgemental approach
- ✓ Good communicators
- ✓ Patient and sensitive
- ✓ Reliable
- ✓ Flexible in their approach to volunteering
- ✓ Willing to follow service boundaries, policies and procedures
- ✓ Understanding of the need for confidentiality and sensitivity

#### *Desirable*

- ✓ Have an understanding of issues faced by those who are housebound and/or lonely.

#### Commitment:

Once connected with a resident, you will be making a regular weekly visit to them, at a time that is agreeable with both of you. The visit may vary in length and may be anything from 45 minutes, up to an hour and a half to suit both parties

We ask that you keep a note of the date the visit was made and feedback monthly to the co-ordinator with any updates. Any concerns are flagged to the Social Inclusion Officer straight away for their support and action.

## Volunteer Support:

We are committed to ensuring the welfare of our volunteers is at the forefront. We are available to offer general guidance on your volunteering experience and to support you. If you have any concerns or questions contact the Social Inclusion Officer, Kirsty Bennett – [kirsty.bennett@rvs.org.uk](mailto:kirsty.bennett@rvs.org.uk) or 07526 074376

We will provide you with:

- ✓ Volunteer handbook
- ✓ Training
- ✓ Regular follow up and support
- ✓ Twice yearly support meetings
- ✓ Regular updates and news from RVS
- ✓ Travel expenses

## Welfare:

Please ensure that you only commit to do what you can comfortably do. Take regular breaks and ask for support when needed. We also have a Welfare Officer, who we can refer you too as well.

## Reviewing your commitment:

Sometimes a match between volunteer and resident isn't a perfect one. If things aren't working out, you will be able to discuss this with the Social Inclusion Officer and agree a plan going forward.

## Application Process:

If you would like to apply for the role of Volunteer Befriender with RVS, we ask that you:

- Complete the attached application form
- Attend an informal interview with the Social Inclusion Officer
- Complete a basic DBS check
- Complete induction training

## Contact is

**Kirsty Bennett**

**Social Inclusion Officer**

[Kirsty.bennett@rvs.org.uk](mailto:kirsty.bennett@rvs.org.uk)

**07526 074376**