

Volunteer Description

Title: Telephone befriender. Face to face befriender

Volunteer Role Summary

Whether you want to upskill for employability, fancy building up your confidence, or simply want to give back to your community, we are here to help you develop and learn new skills. Volunteering with us means reaching new goals and getting involved in new experiences, where fun and team spirit can become part of your everyday life.

Our team of community volunteers and staff love what they do. No session is the same and no matter which role you choose, we're sure you'll have lots of fun meeting some fantastic people whilst supporting our cause. Whether you've got lots of time to spare or only a little, we have a variety of ways to get involved and help make a difference within your community.

As a befriending volunteer you will be asked to make contact and either visit or call clients who are feeling isolated or lonely.

Face to face befriending involves visiting clients in their own home or taking them out for a social activity such as a walk or a coffee. You can also share your interests, hobbies and experiences with them and learn from their wisdom and stories too.

Telephone befriending is a flexible and convenient way to reach out to clients who may not have opportunities to talk to somebody often. You can call them regularly at a time that suits you both and have a friendly chat about anything that interests you. Befriending is a rewarding and fulfilling way to volunteer your time and make a difference in the lives of other people. You will also benefit from the friendship, gratitude, and the satisfaction that comes from helping somebody else.

Key skills required for the role:

- Have your own transport or telephone.
- Be able to work independently.
- Enjoy conversation.
- Be friendly and enthusiastic.
- Be interested in meeting new people.
- Have patience.
- Have good communication skills.
- Be reliable and committed to the role.

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