

### **Role: Befriender**

This role gives volunteers the opportunity to provide distance befriending and become part of the dynamic and friendly team at The No.1 Befriending Agency, significantly contributing to the reduction of loneliness and isolation amongst older people.

Our aim is to provide an enjoyable social experience by giving companionship. We encourage communication on meaningful topics or shared interests, the creation of social connections and peer support, but mostly having some fun and laughter. Our aim is to protect the older people we support or those with existing health conditions by avoiding direct contact. Our clients are typically over the age of 60 and are lonely so will benefit from some social interaction.

#### **The specific tasks for the role are:**

- Visiting with your befriender one hour a week at an agreed time
- Helping befriender reach the goals they set (eg improving self-confidence, learning a new skill, feeling more connected)
- Engaging with befriender, providing companionship that will improve their confidence and independence.
- Offering warm companionship, active listening and conversation.
- Providing a measure of practical support by, for example, helping arrange appointments, activities and outings, assisting with walking (lending an arm) organising mail and writing letters or/and accompanying them to social events and appointments.
- Meeting with Volunteer Coordinator to discuss how the match is going

#### **Personal specification:**

- Trustworthy and responsible
- Great communication skills
- Patient
- Resourceful
- Cares about others
- Well organised and committed

#### **Benefits:**

- An opportunity to volunteer on a flexible basis, including from home
- You will be provided with relevant information, training and regular support

sessions so you can get the most out of volunteering with us

- Out of pocket and authorised expenses reimbursed