

Volunteer Role Description

Volunteer Role title: BEFRIENDER for Older People

Responsible to: Positive Ageing@Blackfriars. Eileen Dacey Befriending Project Officer

WHAT WE DO

Blackfriars Settlement is a registered charity providing services to the community. We work with all people in the local community, creating opportunities for them to achieve their aspirations. We meet individual needs within our diverse programme of activities at the Settlement and outside.

Purpose of role:

With an ageing population, more and more older people are at risk of isolation and loneliness as partners and friends pass away, children and grandchildren move away and the community around them changes at a fast pace. As a Befriender you will become part of the solution to tackling the issues of isolation and loneliness by developing strong relationships with clients and encouraging them to engage in a variety of ways.

Main activities/tasks:

- Visit an older person in their home once a week for up to 2h
- Spend time getting to know them and to understand what things they may like to do at home (e.g. chess, knitting, reading)
- Offer healthy and fun conversation and encourage them to talk
- Give support to enable them to get out in the community and encourage participation in activities.
- Promote healthy living and wellbeing.
- Accompany on hospital visits or to the GP. Go for a walk, or shopping
- Support older person to find information as requested.
- Make monthly reports on visits carried out

Other information:

- DBS and references will be required
- Induction and full training will be given
- We have on-going training opportunities
- We provide supervision
- Volunteering days & hours to suit you and our clients
- Commitment to 2 hours a week of volunteering or other hours as negotiated
- Travel expenses will be reimbursed up to £5
- You are covered by our insurance policy

What the volunteer would gain from the volunteering opportunity:

- Acquiring new skills e.g. working with people suffering from dementia or alzheimer's.
- understanding the needs of older people and advocating on their behalf
- improving self confidence
- meeting new people
- helping to make a difference in the community and the life of an older person
- reporting and admin skills

- experience and understanding of the working environment of a local charity
- a reference provided after 3 months active volunteering
- update for CV

Who are we looking for?

- cheerful outgoing personality
- reliable and committed to weekly visits to an isolated older person
- good spoken English and listening skills
- patience, tolerance understanding and empathy towards the needs of older people
- basic administrative skills to complete monthly report
- previous experience or strong interest in supporting older people

Who the role would suit:

- people seeking work who are interested in the lives of older people
- students who need experience in social care environments
- those who want more fulfilment in their work lives by supporting less able older people
- older people who still want use their time productively
- people over 18 and upwards

Time commitment required:

- 2 hour per week or other hours negotiated
- Generally Morning or afternoon with occasional evening visits
- Minimum of 6 months

Location:

- mainly north and mid Southwark

Training provided:

- compulsory initial Induction training and access to free on-going training

Main points of contact

Contact Eva Henry or Eileen Dacey for an initial chat and informal interview about the role

Eva.Henry@blackfriars-settlement.org.uk>

020 7928 9521

Alternatively you can download the application from our website.

<http://www.blackfriars-settlement.org.uk>

Or

Befriending Project Officer Eileen Dacey

eileen.dacey@blackfriars-settlement.org.uk