BLACKFRIARS SETTLEMENT
CHANGING LIVES TOGETHER

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Volunteer Role Description

Volunteer role: Befriender

Responsible to: Befriending Officers

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, family members 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 or call an older person once a week for around an hour
- Spend time getting to know them and 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 them on visits out of the home e.g. going for a walk, shopping
- Support them to find information
- Make monthly reports on visits carried out

Other information:

- DBS and references will be required
- Induction and full training will be given, alongside regular supervision
- Volunteering days and hours to suit you and our clients
- Travel expenses will be reimbursed up to £5
- You will be covered by our insurance policy

What you'd gain from volunteering with us:

- Acquiring new skills e.g. working with people living with dementia or Alzheimer's
- Helping to make a difference in the community and the life of an older person
- 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

What we're looking for:

- Cheerful and outgoing personality
- Reliable and committed to weekly visits/calls
- Good spoken English and listening skills
- Patience, understanding and empathy towards the needs of older people
- Basic administrative skills to complete a 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 looking for 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
- Minimum age 18 years

Time commitment required:

- 1-2 hours per week or other hours negotiated
- Generally morning or afternoon with occasional evening visits
- Minimum of 6 months

Location:
Mainly north and mid Southwark

Main points of contact:
For an informal chat about the role, get in touch with Crystal and Adrian, Befriending Officers, at befriending@blackfriars-settlement.org.uk or phone 020 7928 9521 option 3.

Alternatively, you can download our application form from our website. Please send your completed application form to befriending@blackfriars-settlement.org.uk