

## Volunteer Befriender - Role Details

**Could you spare an hour a week to reach out to a lonely person in your community?**

### **Background:**

Kingston Carers Network is a charity that supports carers in the Royal Borough of Kingston upon Thames. A carer is someone who is providing support, unpaid, to a friend or family member who has a physical illness, disability, mental health problem or substance misuse issue.

Caring for a loved one can be a very isolating experience. The aim of the Befriending Project is to reduce this isolation by matching carers with volunteer befrienders.

### **How you can help:**

As a volunteer befriender, you will be matched with a carer who is socially isolated. **You will visit the carer, at home or in the community, once a week over a period of 6 months and provide a listening and supportive ear.**

### **Your role:**

- To meet and build a trusting relationship with a carer (befriender)
- To visit the carer once a week for ~1 hour over a period of 6 months
- To empower the carer, improving their quality of life and reducing social isolation

### **We ask that you would:**

- Commit to meet your befriender once a week for 6 months, times are negotiable
- Attend induction training
- Complete safeguarding training (online)
- Attend catch-up meetings with the Befriending Coordinator and complete monthly feedback on how things are going (you will be given a short summary form to fill in)
- Undergo an Enhanced DBS check

### **Benefits:**

- The opportunity to help a lonely person in your community
- Develop new skills/experience
- Full support and training

## Expenditure:

- All out-of-pocket expenses will be reimbursed

## The qualities and attributes we are looking for:

No formal qualifications are needed, but we will look for some key skills and personal qualities.

## A great Volunteer Befriender will be:

- Friendly
- Talkative
- A good listener
- Reliable/dependable
- Patient
- Non-discriminatory
- Have a positive outlook

## Training will be provided on:

- Safeguarding
- Kingston Carers' Network – what we do
- Guidance and boundaries for the befriending relationship
- Dementia awareness (around half of the carers in the Befriending Project are caring for someone with dementia)

## Feel inspired?

If you would like to become a Volunteer Befriender, or would like to find out more, please contact the Befriending Coordinator, **Lyndsey** at [befriending@kingstoncarers.org.uk](mailto:befriending@kingstoncarers.org.uk) or **020 3375 8226 / 07756 593 456**.

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