

Location: Various

Role: Stepping Out Project

What the role entails:

A face-to-face befriending service to encourage and support older people to reconnect to their community by building confidence and motivation to change. Support is offered for up to 6 months and aims to help people access social activities such as craft groups, coffee mornings, physical activities etc., and promote friendship.

What you will need to be able to do:

- ✓ Build effective relationships and provide support and encouragement to your service user through weekly contact
- ✓ Effectively help them to reach their individual goals
- ✓ Keep up to date records of contacts and activity and collect feedback and information to support project reporting
- ✓ Undertake all required training

This role will require an enhanced DBS check

How much training and how long it will take?

All volunteers are required to complete the following **online training** before they start volunteering: **and to undertake ongoing training in their role**

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|------------------------------------|--------------------------|
| ➤ Health & Safety in the Workplace | ➤ Safeguarding Awareness |
| ➤ Manual Handling | ➤ Dementia Awareness |
| ➤ Information Security | ➤ Equality & Diversity |
| ➤ Fire Safety Awareness | ➤ Lone Worker |

To complete the mandatory training takes approximately 5 hours

Time commitment required: Minimum of 2 hours per week

This role is **not** suitable for short term volunteering

What qualities you will need:

- ✓ Honesty & Reliability
- ✓ Good Communication skills
- ✓ Ability to enthuse and motivate people
- ✓ A clean and presentable appearance
- ✓ A pleasant, polite and confidential manner
- ✓ Ability to work on your own initiative
- ✓ An appropriate level of physical fitness

Please see overleaf for more information



Things you MUST agree to:

- ✓ Comply with Age UK Blackburn with Darwen policies at all times, especially those regarding Equal Opportunities, Health & Safety and Confidentiality
- ✓ Undertake an Enhanced DBS check
- ✓ Undertake required mandatory training, provided by the organisation to comply with current legislation
- ✓ Participate in volunteer reviews
- ✓ Keep your manager informed when you are unable to attend or of other things that affect your volunteering i.e.: health conditions

Fundraising - As a local independent charity, fundraising is vital to the continuation of our local services for older people. There are lots of ways of supporting us through helping with bag packs or bucket collections, delivering posters, helping at events, undertaking sponsored activities, sharing our social media posts, donating to and buying from our Charity Shop in Darwen. All volunteers are asked to support us in this way.

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[https://ageukbwd.sharepoint.com/sites/FS-General/Shared Documents/Volunteers/Role Outlines/Stepping Out/Stepping Out \(EC\).docx](https://ageukbwd.sharepoint.com/sites/FS-General/Shared Documents/Volunteers/Role Outlines/Stepping Out/Stepping Out (EC).docx)