

**Volunteer Role Profile**

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| **Role Title** | 1:1 Buddy |
| **Role summary** | Our 1:1 Buddy volunteers are able to offer friendship and support and form a positive one to one relationship with adults who live alone or who have difficulty in leaving their homes to socialise. |
| **Suggested Commitment** | Volunteer hours are negotiable. 1:1 Buddy volunteers will be required to complete an online standard DBS check (Paid for by Age UK Bradford District)Minimum suggested commitment of 6 months |
| **Supported by** | Hub Development Co-ordinator |
| **Main Tasks*** Building a caring and sensitive relationship with the people we work with
* Spending time with people we work with and engaging in activities that are mutually agreed upon
* Being understanding rather than judgmental about a person’s situation or circumstances
* Establishing and maintaining appropriate boundaries
* Respecting difference cultural values in a non-discriminatory manner
* Informing Age UK Bradford District staff of any concerns about the people you volunteer for.
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| **Benefits of volunteering with Age UK Bradford District*** The opportunity to build skills and experience
* Excellent training opportunities
* Excellent support as part of a friendly team
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| **Induction, Learning & Development**Volunteers will take part in a welcome session with a group of volunteers from across the charity. They will then be supported to complete a number of e-learning courses and training on the job.Volunteers will be able to access a range of other learning opportunities once they have been volunteering for a number of months. |
| **Skills and competencies*** Reliable
* Ability to maintain and respect confidentiality
* Ability to share skills, interests or activities
* Understanding, patient and empathetic
* Non-judgmental
* Effective communication skills
* Outgoing, personable and a good conversationalist
* Ability to listen and ask appropriate questions
* Willingness to follow Age UK Bradford District values, policies and procedures, including Health & Safety, Data Protection & Confidentiality, Equal Opportunities.
* Polite and courteous at all times
* Desire to support older people in the community
* A basic understanding of older people and an appreciation of issues facing older people
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| **Organisational Values*** Responsive
* Supportive
* Caring
* Respectful
* People centred
* Passionate
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| **Expenses**AGE UK Bradford District will pay for any out of pocket travel expenses associated with your volunteering (40 pence per mile and reasonable public transport costs i.e buses / trains) with tickets/receipts. Volunteers who volunteer for over 5 hours on a day will be entitled to a lunch payment of £2. |
| **Next Steps**Email volunteering@ageukbd.org.uk or phone 01274 391190 for further details. |