

Volunteer role description

Volunteer role:	Volunteer visitor/befriender
Key contact:	Area Organiser
Placement:	Usually at matched service users home
Time Commitment	Minimum at least one hour per week
DBS check level;	Enhanced level check plus 2 satisfactory references

Training required: Age UK induction training is mandatory and you will not start your role with us prior to completing that. There may be additional service specific training required. Thereafter volunteers are expected to attend at least 2 team or volunteer gatherings to share experiences and, receive training and support from the organised event.

INTRODUCTION

Age UK Cambridgeshire is an independent charitable organisation which exists to improve the life of older people in the county. The charity meets this objective by;

- Providing services
- Campaigning for a better deal for older people
- Working in partnership with other organisations
- Identifying, and finding new ways to meet new and changing needs

ROLE PURPOSE

To provide a regular point of contact with an older person to chat and share some time to enhance their day.

Skills/Abilities and experience beneficial to the role

A real desire to make a difference to people's lives but you may also have:

- An ability to work with older individuals together with a friendly and enthusiastic and friendly approach
- An understanding of the need for company to reduce social isolation for older individuals
- Be reliable and committed to older individuals and the charity with an ability to empathise and engage with individuals from all walks of life, regardless of cultural or social background

Tasks/responsibilities

Not all tasks are required it is for the older person and volunteer to decide how the time will be spent, but, for example

- Sharing conversations, encouraging reminiscing, completing forms if confident to do so, play board games or puzzles, looking at photos, post a letter
- It may be possible to take the older individual out for a trip with the guidance and agreement of the organiser having assessed the risks and support needed
- Make a cup of tea
- To accept the supervision, support and direction offered by Age UK CAP
- Raising awareness of general services and activities which might be provided by Age UK CAP or others, to the benefit of older people and their families