

## Volunteer Task Description

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| <b>Role Title:</b>                   | <b>Friend at Home</b>   |
| <b>Where:</b>                        | London Borough of Tower Hamlets   |
| <b>When:</b>                         | To be arranged  |
| <b>Purpose of Role:</b>              | <p>Tasks to include the following:</p> <ul style="list-style-type: none"> <li>• Visit a service user in their home on a regular basis, maximum of once a week, providing friendship, support and social contact</li> <li>• Accompany service user for a walk in the park</li> <li>• Accompany service user to go shopping</li> <li>• Accompany service user to GP/Hospital Appointments</li> <li>• Help with opening and reading mail</li> <li>• Help service user access activities local to them</li> <li>• Signpost/ refer service users to other organisations should they require help that Age UK East London cannot provide</li> </ul> |
|                                      | <ul style="list-style-type: none"> <li>• All tasks must be carried out in accordance with Age UK's East London's policies and procedures including: Equal Opportunities, Health &amp; Safety, Confidentiality, Complaints, Data protection, Safeguarding Vulnerable Adults.</li> </ul>  |
| <b>Skills Required</b>               | <ul style="list-style-type: none"> <li>• To be friendly</li> <li>• To have good communication skills.</li> <li>• Be able to commit at least 2hrs a week</li> </ul>  |
| <b>What's in it for you:</b>         | <ul style="list-style-type: none"> <li>• You will have opportunities to gain more experience/skills</li> <li>• You will have access to in-house training</li> <li>• This is an ideal opportunity for someone who is Doing an Health &amp; Social Care Course</li> </ul>   |
| <b>For more information contact:</b> | Please email <a href="mailto:sharon.waddams@ageukeastlondon.org.uk">sharon.waddams@ageukeastlondon.org.uk</a> should you wish to volunteer with Age UK East London or download the application form and either email to the above email or post to the address on the form.   |