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**HEATHFIELD OLDER PERSONS COMMUNITY FRIEND**

VOLUNTEER ROLE DESCRIPTION

**PURPOSE**

Provide friendship and support to a local older person who has been isolated or shielding during the pandemic. As part of your local Community Response Team help your client to re-integrate back into the community so they can once again become active and gain confidence. We will support you with training and advice, but you can decide with your client what you would like to do together. This could include telephone and face to face befriending, help with shopping, escorted walks, small activities and providing general friendship.

**ROLE OF THE VOLUNTEER**

* Be an active volunteer in your local Community Response Team
* Befriend a local older person identified by your local coordinator and offer them the support they need to gain confidence and become active in the community once again.
* Establish ways you can help each other, such as telephone and face-to-face befriending, shopping together, escorted walking, coffee and tea mornings etc

**SKILLS AND ATTRIBUTES NEEDED**

* A people person
* Good communication and interpersonal skills
* Trustworthy and reliable
* Wants to help the local community
* Can volunteer around 2-3 hours a week

**SCOPE**

* This is a locally based role
* It is envisaged that the role would take approximately 2 – 3 hours a week

**AS A VOLUNTEER WE WOULD ASK YOU TO**

* Support the Mission and Vision of Age UK East Sussex by helping us to ensure that our county is a great place for all older people.
* Attend training and local group meetings as required.
* Adhere to Age UK East Sussex confidentiality and equal opportunities policies maintaining discretion and confidentiality at all times.
* Successfully complete a basic DBS check – we will pay for the cost of this.
* Keep in touch with your local coordinator using phone or email and provide feedback on your client befriending
* Raise any concerns with your local coordinator and/or Age UK East Sussex on behalf of your client

**AS A VOLUNTEER WE WILL OFFER YOU**

* An induction and ongoing training with support sessions if required
* Reimbursement of out of pocket travelling expenses
* Full recognition of the time, energy and skills volunteers freely give - for example long service and merit awards
* The opportunity to be part of a friendly team
* The opportunity to meet other volunteers and attend occasional social events
* The opportunity to be involved in the planning and development of Age UK East Sussex services
* Appropriate insurance cover - to protect you whilst you are acting on behalf of Age UK East Sussex
* The opportunity to enhance your skills.

**We place great value on our volunteers - who bring so much to the organisation. Their time, energy and commitment are recognised and greatly appreciated.**