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| **Role Title** | Friendship Companion |
| **Department** | Gift of Friendship and Volunteering |
| **Locations** | Hull and Surrounding Areas |
| **Reporting to** | Charity Activities Manager & Befriending Manager |

**Volunteer Role Description**

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| **Reasons to volunteer with Age UK Hull and East Yorkshire:**   * Opportunities to connect with like-minded people and make new friends within the Hull and East Yorkshire community * The rewarding feeling of making a difference to the lives of older people in your local area * Ongoing support and guidance from a dedicated line manager and a friendly, supportive team * Volunteering can boost mental health and wellbeing, keeping you active and engaged * Stay informed with regular updates on the impact of your work and the latest news from Age UK HEY |
| **Role Summary:**  The Friendship Companion role helps older individuals who are lonely or socially isolated to regain confidence and reconnect with their community. By offering friendly companionship and supporting them in getting out and about—whether on foot, by bus, taxi or community transport—you will empower someone to take small steps toward independence.  This is a flexible role, with meetings typically taking place weekly as agreed with your companion. Regularity and reliability are vital in building trust and achieving meaningful progress together. |
| **Main Duties:**   * Supporting an older person in your local area to feel more confident going out * Creating a simple goal plan and encouraging small steps to achieve it * Accompanying your companion on outings (e.g., walks, buses, shops, cafés) * Providing friendly conversation and a listening ear * Promoting positive thinking and offering encouragement * Regularly reporting progress or concerns to the Charity Activities Manager or Befriending Manager |
| **Training & supervision:**  You will receive a full induction and light safeguarding training. You'll also meet the lead coordinator and be shown how to use support resources. Ongoing support is provided by the Charity Activities Manager and Befriending Manager |
| **Personal Qualities and Experience:**   * Friendly, approachable and empathetic * Reliable, honest and patient * Strong communication and listening skills * Enjoy meeting and supporting new people * Understanding of older people’s needs and a genuine desire to help * A good sense of humour is always appreciated! * Ideally some knowledge of local transport options and the area |

**For further information about this role or to apply:**

**Email**: [volunteer@ageukhull.org.uk](mailto:volunteer@ageukhull.org.uk)

**Call**: 01482 324644

**Address**: Age UK Hull, Preston Road, Hull, HU9 5HH