



As a Community Befriending Volunteer, will help Age UK Lincolnshire reduce loneliness and isolation by building a short-term but meaningful relationship with an older person. Loneliness among older people is increasing, and consistent social contact can make a real difference in the life of an older person. By volunteering, you will help older people:

Build confidence, connect with others, access long-term community support, improve their wellbeing and make positive changes in their lives.

What will I be doing?

You will meet an older person you've been matched with once a week for up to a six-month period to support them in working towards their goals. Depending on their needs, you may:

- Visit them at home
- Go for a walk
- Meet in a local community space, such as a library or a café
- Help them access local groups or services
- Encourage them to build positive and sustainable connections

You will keep track of their progress and share regular updates with the project coordinator.

What skills and experience do I need?

- Patience, empathy and a positive, proactive attitude.
- Good communication and active listening skills.
- Ability to plan and organise your time,
- Commitment to equity, diversity, and inclusion.
- Willingness to follow guidance to keep yourself and others safe.

Location & Time Considerations

- This role is available in Lincoln.
- Approximately 1-2 hours per week. Monday to Friday within our office hours.
- Commitment to supporting the participants for a full 6-month programme.

Community Befriending Volunteer cont,

The benefits of volunteering

- Ongoing support and guidance from experienced staff.
- An opportunity to make a genuine difference to someone's health, wellbeing, and independence.
- Valuable experience working directly with people in the community.
- Meet new people and be part of a team
- Development of skills in communication, motivation, record keeping, goal setting, and person-centred support.
- The chance to learn new skills and enhance your CV while giving back to your community.
- Join a team of over 200 volunteers supporting older people in Lincolnshire

Additional Information

- You may need to travel locally to meet the older person or accompany them to services. You will also be asked to take notes after each session and share them with your project coordinator.
- Reimbursement of out-of-pocket travel expenses.
- A DBS check will be required which will be organised by us at no cost to you

I'm interested, what do I do next?

Please contact: volunteering@ageuklincolnshire.org.uk, we will guide you through our application process.