



VOLUNTEER ROLE

Title: Making Connections Volunteer

Hours: Ideally 2 hours per week

Supported by: Wellbeing Team

Location: Volunteers needed in Runnymede and Spelthorne (TW15-TW20, KT15, KT16, GU25)

Role To provide long or short (12 weeks) term support to anyone over 50 who are lonely and isolated. Working with people to achieve their individual goals, improve health and wellbeing and supporting them to make positive changes to their lives.

Types of support:

- Face to face long term support – supporting and motivating people who may require one to one ongoing support, to engage in their local community. This may include going to the cinema, out for a coffee, go for a walk, and join a local group or visiting someone at home for conversation, reading the paper, playing a game or using a computer.
- Mentoring (12 weeks) working towards a specific goal such as building confidence to use the bus independently, go shopping or join a group.
- To facilitate Café Culture and other social groups.
- Telephone support.

Activities vary according to each individual and between long and term support. You will be linked to a Coordinator for regular updates and will be required to provide a brief record of visits and times. You will be provided with information on our policies and procedures especially regarding Health and Safety, Confidentiality and Safeguarding.

Personal Qualities:

- Good communication skills
- Reliability and commitment
- Flexible
- Car owner/ driver – desirable but not essential depending on area that you live
- Ability to encourage and motivate people
- To be a facilitator, not a fixer

Training will be provided prior to supporting an individual.

The role requires a DBS and two references.

Expenses: Age UK Surrey will reimburse expenses such as travel costs and telephone.