

Purpose	Befrienders offer companionship for housebound and/or isolated older adults in Waltham Forest. Where possible, befrienders should encourage integration back into the community.
Project Manager	Befriending Manager
Time Commitment	1 hour per week (plus travel time to and from the older person's house) for a minimum of 6 months
Main Tasks of the Role <ul style="list-style-type: none"> • To visit a housebound and/or isolated older person in their home to chat, help with activities or introduce new activities. • To help the older person maintain and/or regain their self confidence, allowing and encouraging them to do as much as possible themselves. • Offer social support, for example accompanying the older person to social events. • To listen to the older person if they want to talk about the things that concern them, and offer reassurance when appropriate or refer them back to the Befriending Manager. • Volunteers will need the ability to relate to people on a one-to-one basis • Keep the Age UK WF office informed of the older person's general well being, any significant difficulties, incidents or concerns. • Attend Induction and training 	

What we expect from our volunteers <ul style="list-style-type: none"> • For you to be committed and reliable • For you to be aware of Health and Safety issues at all times • For you to work within Age UK Waltham Forest's Equal Opportunities Policy and Confidentiality Policy • For you to attend a one-off induction 	What the volunteer can expect from us <ul style="list-style-type: none"> • You will receive an induction to the organisation and to your role • You will be provided with training and support
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DBS (formerly CRB) checks are required for Volunteer roles for one-to-one work with older people. We will arrange this for you and you will not incur any costs.