

Enabling Connections Befriending Volunteer

Role Description

Role purpose

1.2 million older people across the UK often feel lonely or isolated at home. We aim to connect people together to alleviate loneliness in Herefordshire & South Worcestershire.

Main tasks/activities

As a Befriending Volunteer on the Enabling Connections project, you will help Age UK reduce loneliness and isolation by building a short-term but meaningful relationship with an older person. You will meet an older person, who you've been matched with, once a week for up to six months to support them in working towards their goals. Depending on their needs, you may:

- Visit them at home
- 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 updates with the project coordinator. You will also be required to undergo mandatory online training.

Skills/experience

We are looking for individuals who have:

- 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.

Background checks

We'll ask you to complete an Enhanced DBS (Disclosure and Barring Service) check and provide two references, to ensure everyone we support stays safe and well cared for.

Still got questions? Contact us on: volunteering@ageukwyvern.org



Days/hours

Our befriending coordinators will match you with a client based on your availability. Each client visit may take 1-3 hours, once a week, depending on your client's goals. You may need to travel locally to accompany your client to services. You will also be asked to update your project coordinator after each meeting.

Expenses

We reimburse reasonable expenses incurred, for example travel costs.

Apply here!

