

**BEFRIENDER ROLE OUTLINE**

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| **Role title:** |
| **Befriender** |
| **Based at:** |
| We are looking for volunteers throughout Lewis who can spend time with individuals who may be socially isolated for a variety of reasons. This can take place in the client’s home or elsewhere, for example a café. We also offer a telephone Befriending Service. |
| **Purpose of the role:** |
| To help reduce feelings of loneliness and promote social activities and contact with individuals who are socially isolated. |
| **Type of work you will be carrying out:** |
| Spending a couple of hours a week with someone either in their home or outside. You could take part in a range of social activities, such as going for a coffee, going to the cinema, or going for a walk. A telephone Befriending match would involve spending an hour a week on the phone chatting with the Befriendee. |
| **Experience, attributes and/or qualifications required:** |
| We require someone:   * Aged 18 or over * Interested in working with the people of all ages, or those with mental health problems or additional needs * Prepared to commit some of their time (usually around 2 hours per week) * Prepared to have fun and participate in outings and activities. * Attend 2 X 2.5 hour Training Sessions prior to commencing Befriending. * Attend Quarterly Meetings & Ongoing Training |
| **Times/days when we would like you to be available:** |
| We would like you to commit to spending a minimum of 2 hours a week with the client. This would have to be a time that is suitable for you both. You can, of course, commit more time if that is agreeable to both of you. |
| **Benefits to volunteering and possible training opportunities:** |
| * Improved social networks * An opportunity to meet new people * Increased confidence * Learn new skills |
| **Expenses paid:** |
| Travel expenses will be covered |
| **References/PVG checks required:** |
| 2 references and an enhanced disclosure are required, due to the volunteer working in close proximity with vulnerable adults. |
| **If you are interested in this volunteering opportunity please contact:**  **Befriending Lewis**  **Third Sector Hebrides**  **30 Francis Street**  **Stornoway**  **Isle of Lewis**  **Tel: 01851 702632**  **Email:** [**befriending@tshebrides.org.uk**](mailto:befriending@tshebrides.org.uk) |