

Volunteer Befriender

Adults with learning disabilities in our community tell us they would like to get out and about more and make new friends. Some have no family outside of The Lodge Trust and would like to have a wider social network and someone to go out with occasionally. By becoming a befriender with us you will be providing that much need companionship and support.

What does befriending involve?

- Talking and listening to residents
- Providing companionship
- Taking the time to get to know someone
- Providing a supportive relationship, offering reassurance and increasing confidence
- Spending time on and off site with a resident who shares similar interests to you
- This role involves working unsupervised in the community, full support is available from highly trained support staff and you will receive induction and training
- You will need to be able to drive Lodge Trust vehicles or use public transport to get out and about with people at times

What you **won't** be asked to do

- Assisting with personal care, ie: bathing, showering, washing or feeding
- Lifting, moving or handling people
- Administering medication or providing medical advice

What you will get from it

- Induction to the organisation, full and ongoing training for the role
- Ongoing support, advice and guidance, from the volunteer co-ordinator
- The satisfaction of knowing you are making a huge difference to the lives of adults with learning disabilities
- The opportunity to develop new and existing skills and gain experience volunteering for a charity, enhancing your CV
- The opportunity to meet new people
- Reimbursement of agreed expenses according to our policies and procedures

Skills and qualities we are looking for

Outgoing, friendly and proactive character

Good listener and communicator

Able to use your own initiative and work independently with guidance and support

Able to ask for help when you need it

Patient, flexible and reliable

Able to work within our Christian ethos and respect others' choices and differences

Please note: because of the nature of our work, you will be required to fill in our volunteer application form, have an enhanced DBS check (at our expense)

How much time will I need to give?

This all depends on how much time you can spare. Activities generally take place during working hours which are Monday to Friday 9am to 5pm. We might suggest a few hours a week, more if you have the time. However, any time you can spare, regular or ad hoc would be welcomed.