

Volunteer Role Description

Befriender volunteer



About 3 Glens Community Care

The Board of Trustees of 3 Glens Community Care work together, and alongside other organisations, to improve the availability of care services in our rural area to improve the quality of life, health, well-being, and independence and to reduce social isolation of people in need by reason of age, ill-health, disability, or social circumstances. As a local charity, we rely on fundraising within the 3 Glens area and are very grateful to all our supporters.

About this role

This is a great opportunity for be involved with the 3 Glens Community Cares New Befriending project. Our Befrienders offer supportive, reliable relationships to people, helping them to cope and improve their well-being. This is not a clinical service, so volunteers will not provide any personal care to service users.

What will I be doing?

- Support a service user in their own home or care establishment
- Provide friendship, social support, and companionship (reading, chatting, letter writing)
- Offering opportunities to participate in social/recreational and daily living activities (may go out on trips)

When can I volunteer?

- The hours are flexible to suit you
- Minimum for 1 hour every week or fortnight

What we are looking for

- Reliability
- Excellent social and communication skills
- Polite, caring and friendly nature
- Ability to maintain service user confidentiality and to secure information supplied in line with data protection requirements and meet PVG requirements
- Be prepared to undertake training and to keep this training up to date

What we can offer

- Meet new people in your area
- Gain confidence and friendships
- Give back to your local community to contribute to the wellbeing of service users
- Full training and support

Interested?

For further information please call the Development Officer on 07507627990 or e mail contact@3glenscare.org

3 Glens Community Care
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