

## VOLUNTEER BEFRIENDER DESCRIPTION

St John's Hand in Hand wellbeing service is aimed at supporting older people in Winchester to live independently for longer.

Do you feel passionately about social issues such as preventing loneliness in older people? Have you been looking to gain valuable work experience in the non-profit sector, or are you retired and want to devote some of your time? Apply to be a Hand in Hand volunteer befriender!

### What does a 'Befriender' do?

A befriender supports an older person in the Winchester area who may be struggling with social isolation and/or getting out and about.

A volunteer befriender can make an enormous difference to an older person's life – supporting them through friendship enabling them to live well and independently for as long as possible.

### Who will you support?

A Hand in Hand 'scheme member' – an older person who has been referred to our service.

### How does it work?

- A local older person is referred to us by their GP, a professional community service, a relative or friend, and will become a Hand in Hand scheme member
- Our Wellbeing Coordinator(s) will get to know them and will find out how we can help
- Together we will create a "Living Well Plan" – volunteers play a vital role in helping St John's to support our scheme members in achieving their living well plan
- We then aim to match our volunteers with scheme member(s) based on their aims, hobbies, interests, and preferences wherever possible

### What does the role involve?

There are many ways a volunteer befriender can help – here are a few examples: -

- Visit scheme members at their home, befriending and building relationships with them
- Accompany the scheme member on a local walk
- Support a scheme member/s in accessing the community
- Support a scheme member/s in attending a coffee morning or other similar group
- Offer telephone befriending support to a scheme member

We understand that not all these tasks may be carried out by every volunteer, but the role is flexible, dynamic and your support will make a real impact!

### What do we ask of you?

- Give commitment and strive to help St John's Winchester reach its objectives
- To reflect the values of the charity:
  - *Support choice for those we serve*
  - *Value and respect the person before you*
  - *Build community spirit*
  - *Act with integrity*
- Respect our scheme members and staff and adhere to all confidentiality guidelines
- Uphold the name and good reputation of St John's Winchester
- Attend any training sessions required of you
- Communicate with our staff members any concerns you may have about your role or the person you are supporting

### What is the time commitment for a volunteer befriender?

We would suggest a minimum of **one hour per befriending visit**, this is usually once a week.

We will try to organise timings that are mutually convenient between you and the scheme member you are matched with.

If you can give more time to the role, then that is great, but not expected as we are grateful for any time that you can give.

### What can we offer you?

- The opportunity to help an older person to live well
- The chance to make a direct and positive impact
- Create new friendships and befriend someone in need
- Join our team and become an integral part of the wider St John's community
- Gain new or develop existing skills
- Strong, professional support and guidance from our Volunteer Coordinators
- Free DBS check
- Reimbursement of expenses

### Depending on the charity's needs, other volunteering opportunities are available

Examples of these opportunities could be: -

- Supporting a St John's event or new group that is being set up
- Running a group with our alms house residents e.g., arts and crafts
- St John's almshouse receptionist
- Administration support to St John's services

If you would like more information or an application form, please contact Claire Feltham (Volunteer Coordinator) on 07719 563966 or email

[Claire.Feltham@stjohnswinchester.co.uk](mailto:Claire.Feltham@stjohnswinchester.co.uk). Or Catherine Enright (Volunteer Training Administrator) on 07512 305804 or email [Catherine.Enright@stjohnswinchester.co.uk](mailto:Catherine.Enright@stjohnswinchester.co.uk).