



Volunteer Role Description: Carers Befriending Project v2– Face to Face Befriending

About the project	<p>The Carers Befriending project offers time limited informal support to carers aged over 16, who are caring for someone with any health condition. The carers may be experiencing carer stress and social isolation. The support is delivered by trained volunteers to meet the needs of the carer.</p>
Role Outline	<ul style="list-style-type: none"> • Will meet regularly with 2 carers (individually fortnightly) face to face in order to alleviate social isolation and show carers that someone cares about them. • The meetings will provide the carer with the chance to talk about their own situation. • Report any safeguarding concerns in accordance with policy and procedure. • Provide information/updates about events and activities happening in their local area which might be of interest to them and establish if they could be helped to attend in order for the carer to access ongoing support locally.
Time commitment/ Hours	<ul style="list-style-type: none"> • Ability to commit to the project for a minimum of up to three hours per week for a minimum of six months after training or possibly 5 - 6 hours per fortnight. • Flexible hours to meet the needs the carer – this can be discussed at interview.
Location and accessibility	<ul style="list-style-type: none"> • In the home of the carer or at a suitable community venue. • Car driver with access to a car preferred
Volunteer Supervisor	<ul style="list-style-type: none"> • Carers Befriending Coordinator
Key responsibilities of volunteer	<ul style="list-style-type: none"> • Attending induction training and participating in ongoing training activities and regular Peer support meetings. • Respecting the confidentiality of carers at all times. • Establishing and maintaining appropriate boundaries. • Respecting different cultural values and working in a non-discriminatory manner. • Meeting the Carers Befriending Coordinator regularly for supervision and to discuss any concerns about the carer. •
Qualities of volunteer	<ul style="list-style-type: none"> • Being understanding rather than judgemental about a carer’s situation or circumstances. • To be reliable and keep all commitments or appointments with the carer. • To be respectful of the carer’s individuality. • Have experience of being a carer – preferable but not essential.
Skills of volunteer	<ul style="list-style-type: none"> • Ability to listen to and communicate with carers, other volunteers and staff.

	<ul style="list-style-type: none"> • Ability to maintain carer's confidentiality. • Be a good note taker. • Able to source information and routes of support. • Be prepared share information. • Ability to share skills, interests or activities with the carer. • Ability to use public transport, travel on foot or have use of a car.
Training	<ul style="list-style-type: none"> • Induction to Carers Leeds • Active Listening & communication skills • Lone working • Building Rapport • Confidentiality • Safeguarding • Health and Safety • Boundaries • Data protection • Where to refer on to
Other requirements	<ul style="list-style-type: none"> • A DBS check is undertaken, paid for by the organisation
What's in it for you	<ul style="list-style-type: none"> • Playing an active role in your community by helping a carer who is feeling isolated. • Make a real and positive difference to the lives of carers. • Updating your skills, training and a route to employment. • Working as part of a team. • Opportunity for a reference. • Travel expenses paid. • Social events.