

Changes East Lothian Volunteer Role Description

Role title	Volunteer Befriender
Responsible to	Befriending Coordinator
Where (location)	Variable within East Lothian
Time commitment	Time commitment can be negotiated, but there is a minimum requirement of 1 hour a week (plus travel time). Typical befriending matches are 6 months in duration.
Role description	To provide long term 1-to-1 support to someone in East Lothian who is experiencing loneliness or isolation. This can be face-to-face, online or via telephone.
Main duties and responsibilities	Time commitment and responsibilities can be negotiated, but there is a minimum requirement. Training and support will be provided, and reasonable expenses covered. <ul style="list-style-type: none"> • To undertake Changes' general volunteer training, and befriender role specific training (this will involve crisis handling and safeguarding training) • To arrange and attend regular meetings with matched befriender • To feedback on a regular basis to a member of Changes' staff to track and monitor progress • To undertake any administrative tasks required by the role • To attend regular supervision and support meetings
Required skills, qualities and experience	Essential <ul style="list-style-type: none"> • Commitment to the values of Changes • Be able to demonstrate non-judgemental attitude to other people and their preferences • Be approachable and sociable • Be compassionate and supportive • Be able to work in groups and on your own • Have a keen interest in one-to-one working • Able to adhere to Changes' policies and procedures as relevant to the role



	<p>Desirable (but not essential as training will be provided)</p> <ul style="list-style-type: none">• Have a keen interest in mental health and wellbeing• Have knowledge of local community activities• Have experience working with vulnerable people
Benefits to the volunteer	<ul style="list-style-type: none">• The reward of helping someone overcome feelings of loneliness and isolation, rebuild their social confidence and re-engage with hobbies and interests• Gain knowledge, skills and experience in mental health and wellbeing• Access to training and support
Training and support available	<ul style="list-style-type: none">• Volunteer induction training (required for all volunteers) to cover essential information for volunteering• Access to other optional training in mental health such as Crisis Handling Awareness Training and Mental Health First Aid• Ongoing support and supervision from Changes' staff• Opportunities to meet and learn from other volunteers• Travel and other reasonable expenses reimbursed
Any other requirements	<p>If using own car to travel to volunteering, insurance for commuting is advisable.</p> <p>This role involves regulated work with protected adults. This requires membership of the Protecting Vulnerable Groups (PVG) scheme involving a criminal record check by Disclosure Scotland.</p> <p>Having a criminal record will not automatically be a bar to volunteering for Changes.</p>
How to apply	<p>Please contact info@ChangesEastLothian.org for a volunteer information pack.</p>
Further information	<p>If you require further information about this role before applying, please contact info@ChangesEastLothian.org or phone Changes on 0131 653 3977.</p>