

## VOLUNTEER BEFREINDING ROLE DESCRIPTION

HEY Mind's Befrienders work closely with individuals experiencing mental-ill health to build on their self-esteem, challenge social isolation and develop positive interactions through informal sessions. Meeting on a weekly-basis, Befrienders and their matched person will chat, challenge and problem –solve; working on informal personal aims whilst growing the person's confidence and promoting their welfare. Through their positive relationship the Befriender will empower and motivate the individual along their recovery journey.

Befriending is delivered at a structured time and may be done in person or over the phone or whilst supporting someone at a group or activity.

What tasks are involved?

- As above, to meet or talk with clients for up to one hour per week for up to 3 months
- To complete a induction to volunteering and befriending
- To complete a weekly diary sheet in conjunction with befriending sessions
- To attend and participate in frequent group/individual support sessions
- To keep in touch with the volunteer team, requesting help and feeding back progress on a regular basis
- To participate in other activities such as training, when required

What skills and abilities do I need to undertake the role?

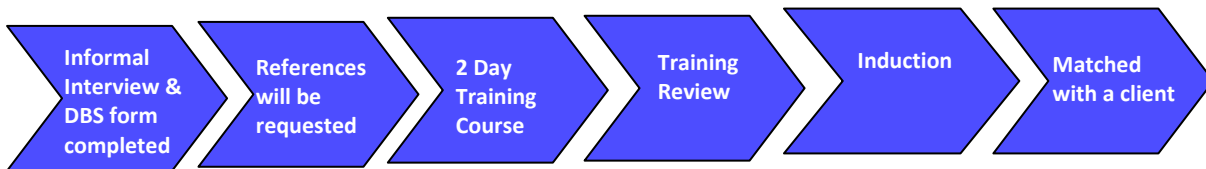
- Good communication skills with a wide range of people
- Ability to motivate yourself and others
- Ability to use own initiative
- To be flexible and reliable
- To be able to complete relevant documentation
- To understand the role of Befriending
- Experience of working with vulnerable adults
- Personal experience of mental health recovery
- As this role requires a DBS check and extensive training we hope each volunteer is able to commit for 6 months minimum.

What do I gain as a Befriender?

- A better understanding of mental health and how this can effect individuals

- Organisational & communication skills
- The opportunity to be part of a team and meet new people
- The opportunity to gain direct experience of 121 work
- On-going support and supervision from the Volunteer Coordinator and Team
- Mutual support and meetings with those in similar roles
- Paid expenses
- Training and Induction
- To support a locally and nationally recognised organisation
- To make a positive impact on someone's wellbeing

What will happen next?



If you do not meet the requirements at any stage your application may not be taken further.

We will contact you to inform you of this and give you the opportunity for feedback.