



Buddies Volunteer Befriender Role Description

Job purpose:

To provide short term support to clients living in Newton Aycliffe and Middridge, aged 50+. This includes helping to improve confidence and independence by helping the clients' back into activities and groups in the community. Practical support may also include assistance with shopping or to simply take the time to listen over a cup of tea.

Main tasks: (may include)

- To develop a trusting relationship with the clients and where appropriate help them to attend and engage in activities and groups in the community, signposting to relevant specialist services where needed.
- Practical support may also include assistance with shopping or to simply taking the time to listen over a cup of tea.
- To record the support provided at each session and inform the project team of any concerns that arise.
- To adhere to PCP's policies and procedures and attend all relevant training (details on enquiry).
- Use events and opportunities to raise the profile of the project.

Personal qualities:

- Be able to offer a minimum of 2 hours each week
- Have excellent communication skills
- Be patient, friendly, approachable, reliable and honest
- Be well organised
- Have a desire to promote healthy living, independence and to promote positive behaviour change.
- Have a very good understanding of confidentiality

Conditions (Hours and expenses):

Hours will be variable but negotiated. All reasonable out of pocket expenses will be paid including a mileage allowance.