

**Thank you for expressing interest in volunteering for Moorland Community Caring. We welcome your feedback and questions on this role and any other aspect of our charity.**

**Visiting or Phone Befriending Volunteer Role Description**

**Purpose of the role is:** to build a supportive relationship with one of our clients to help them improve their self-confidence, emotional health and wellbeing, reduce their social isolation and encourage them to remain independent. This can be done by regularly visiting them or via telephone. Our clients are usually over 50 years old and have health conditions which impact on their mobility or confidence. Because of this they are often unable to maintain friendships and connections with their local community which can impact on their ability to help themselves and make it harder to look after their health and wellbeing.

**What does this involve:**

* To visit a person with whom you have been matched, building a relationship of friendship and trust
* To give the person some company and/or enable them to get out and about or pursue a leisure interest
* To occasionally complete a form which helps us understand how the client is progressing.
* To participate in a regular supervision session with our Wellbeing Coordinator
* To liaise, at times, with Moorland Community Caring staff or other agencies as appropriate
* To uphold Moorland Community Caring’s core principles, vision, culture and values and abide by the policies and procedures as per the Volunteer's Handbook.

**Skills or attributes you will need:**

To be reliable and have a genuine interest in making a difference to people’s lives

Very good listener

Very good communication skills

Patience and a warm and friendly attitude

**What you might gain:**

A rewarding feeling that you are helping someone feel better about their life

A greater knowledge about your local community

**Who will supervise me / who do I go to if I have a problem:**

You’ll be working as part of a team and will be supervised by one of our Well-being Coordinators or the Manager.

**Time commitment:**

The commitment for this role is flexible, although a minimum of 2 hours per week / per fortnight is suggested.

**Location:**

We will match you with someone who lives in the towns of Ashburton, Buckfasleigh or Bovey Tracey or the surrounding villages.

**Volunteer expenses:**

Mileage is paid at 45 pence per mile for local journeys. Should you agree to take a client further afield, then they may make a private arrangement with you, but you are not required to do this.

**Interested in this role?** [**Complete this very short form**](https://docs.google.com/forms/d/e/1FAIpQLSdNjtfuy0IcOE_zdzcEm-YHaOoFe8473jdMD-IVF8h8gg2Phw/viewform?usp=sf_link) **(3 mins)**

**What happens next:**

We will arrange a telephone call where we will have a conversation about the role and you can ask us some questions about the role and the charity. This isn’t a formal interview, it's just a way to make sure the role will work for both yourself and the organisation too. As you will be volunteering with vulnerable people we will need you to complete a DBS check - which is a simple form you fill in, providing us with some identification.