

Futures in Mind

Volunteer Befriender

Role Description



Role Volunteer Befriender

Supported by Service Coordinator

Location(s) Essex (excluding Southend and Thurrock)

Purpose of the Role

- To provide one to one companionship and support to adults feeling isolated and lonely.
- To provide company, support and encouragement to people accessing community services and activities.
- To be a caring listener for people who may not have others they feel comfortable talking to.
- Complement the professional services offered by Futures in Mind and external providers.
- Identify others who would be interested in becoming a volunteer.

Responsibilities

- To attend the induction and training provided by Futures in Mind for your volunteer role.
- Be in recovery from substance misuse, and/or stable with your own mental health.
- To commit to befriending for at least 6 months.
- Be available to attend regular (minimum weekly) face-face befriending sessions with service users in community settings.
- To attend group and individual volunteer support sessions with Futures in Mind Service Coordinators.
- Respect confidentiality, personal space and equal opportunities for everyone. Maintain impartiality.
- Be able to work within Professional and Personal Boundaries as set out by Futures in Mind.

- Understand the importance, and process for reporting any concerns or safeguarding to the relevant people/organisations.
- Awareness of the importance of your own wellbeing and a commitment to sharing your limitations with other volunteers and Service Coordinators.
- Listen to service users effectively, offering informal support and if necessary signposting within Futures in Mind or to an external organisation.
- Ensure the Community Code of Conduct is known and adhered to.
- Be an ambassador for Futures in Mind in your community.

Person Specification

- Good people skills.
- To be a kind and compassionate listener.
- A friendly and approachable manner.
- Non-judgemental and inclusive attitude to all people involved with Futures in Mind.
- Basic administration skills.
- Willing to have enhanced DBS check for working with vulnerable adults.

Role Benefits

- Increased personal confidence and self-esteem.
- Volunteering is a useful addition to your CV or application for further education opportunities.
- Receive regular supervision for ongoing support and guidance.
- Helping to have a sense of purpose and regular routine.
- Personal satisfaction from helping others in their journey of recovery.
- Giving something back to the community that has supported you.
- Develop new skills, and enhance existing attributes.
- Be part of an innovative and inclusive service.
- Access to ongoing training, and support to enhance skills and knowledge within the substance misuse/criminal justice/mental health sector.