

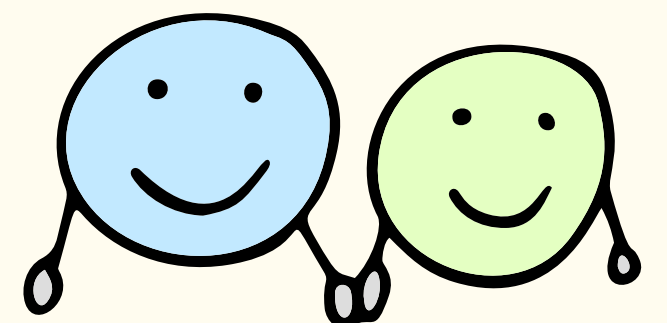
Volunteer Befriender Role Description

LOOKING FOR A REWARDING VOLUNTEERING ROLE?
DO YOU ENJOY HELPING OTHERS?
**JOIN US AS A VOLUNTEER BEFRIENDER AND MAKE A
DIFFERENCE IN YOUR LOCAL COMMUNITY!**

WHO ARE WE?

Mantell Gwynedd is a County Voluntary Council (CVC) that supports volunteers and Third Sector community and voluntary groups in Gwynedd. The aim of the 'Ffrindia' Newydd' project is to support volunteers to befriend individuals aged over 50 in the Arfon area who are experiencing loneliness.

WHAT DOES BEING A VOLUNTEER BEFRIENDER INVOLVE?



You will be matched with an individual to call or meet up with them in the community on a regular basis. As the relationship develops, you and your friend may wish to go for walks, visit the library, go for lunch, or simply meet up for a chat and a cuppa. You must discuss this with the project officer beforehand to ensure both your safety and so we can keep accurate information and statistics. The aim of the scheme is to reduce loneliness through companionship and to promote self-confidence and independence.

WHO WILL I BEFRIEND?



Individuals are referred to us by many different agencies such as local social services, healthcare professionals, and social prescribers. We also receive referrals from friends, neighbours, or self-referrals. Individuals may come from different backgrounds and face a range of issues. All of them will be from the Arfon area of Gwynedd.

WHAT'S THE TIME COMMITMENT?

A phone call or visit of 1 to 2 hours per week is recommended. However, this may vary depending on the individual. To allow a friendship to develop, we ask volunteers to ideally commit to a minimum of 6 months.

DO I NEED ANY SPECIFIC EXPERIENCE?

No. However, an ability to listen, engage in friendly conversation and respect other's views is essential.

WHAT DOES THE ROLE ENTAIL?



- ✓ Attend all relevant training and support sessions with the Project Officer
- ✓ Meet the individual as agreed – either face-to-face or by phone
- ✓ Provide encouragement and emotional support
- ✓ Offer companionship and friendly conversation
- ✓ Allow the individual to speak while you engage in active listening
- ✓ Build a positive, trusting relationship
- ✓ Where appropriate, support the individual to engage in life skills or social activities e.g. joining them for a shopping trip or a bingo night
- ✓ Share any concerns with the Project Officer

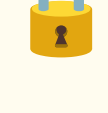
VOLUNTEERS WILL NOT



- ✗ **Provide personal care** – such as physically assisting with washing, eating, drinking, using the toilet, dressing, or caring for skin, hair or nails, where the adult cannot do this themselves. You also cannot encourage, supervise, train or guide someone to carry out these tasks if they are unable to do so themselves.
- ✗ **Manage financial affairs** – handling cash, paying bills on behalf of the individual or provide a shopping service on behalf of the person.
- ✗ **Provide transport** – to, from, or between healthcare appointments (e.g hospital, GP) , personal care or social care services.

IS THIS A ROLE FOR YOU?

Do you have:

-  Empathy and good listening skills
-  Strong interpersonal and communication skills
-  A non-judgemental attitude, with respect for different viewpoints
-  Reliability and consistency
-  The ability to be part of a team, with a positive and friendly outlook
-  Commitment to the role, promoting independence and self-confidence in others
-  Commitment to confidentiality and equality policies



WHY VOLUNTEER WITH US?

-  Full training and support – *thorough induction to prepare you for the role*
-  New friendships – *connect with other volunteers and the people you support*
-  Personal satisfaction – *knowing you are making a real difference in people's lives*
-  Valuable skills and experience – *a great addition to your CV*
-  A meaningful role in your community – *gain experience while giving back*
-  Travel expenses – *may be reimbursed; to be discussed in the induction session*

THE DIFFERENCE YOU'LL MAKE

Your time and presence will bring support, companionship, and comfort to those who need it most. You'll help to combat loneliness and social isolation, offering motivation and renewed confidence to help individuals feel part of their community.

APPLY NOW BY SCANNING THIS CODE

OR CONTACT US BELOW:

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