

Volunteer Role Description

Befriender



About the Role

We are looking for volunteer befrienders who would like to support a carer remotely via telephone/video call. The current coronavirus situation has, in many cases, exacerbated the loneliness and isolation felt by carers. Regular contact with a befriender can make a huge difference to individuals who have limited social support.

About Trafford Carers Centre

There are over 24,000 unpaid carers in Trafford, supporting someone who couldn't manage without them. Being a carer could mean helping with household chores, personal care, getting out of the house or just being there to make sure things are OK. Carers often put their own needs last as they do their best for the person they are caring for. They put a brave face on it but can end up feeling stressed, depressed and exhausted.

Trafford Carers Centre believes that all carers have the right to be recognised, valued and able to do things they enjoy. Our centres in Sale are a place where carers can get the support they deserve. This includes help and advice from our expert team, check-ups from our qualified nurse, complementary therapies and counselling sessions. We also run support groups and activities across Trafford so carers can get together and spend time with people who understand what they're going through.

What will I be doing?

Befrienders provide support in the form of chatting and listening to the befriended, usually once a week. You'll be doing this remotely via phone or video calls, depending on what you and your befriended are most comfortable with. You will help them to improve their confidence and social skills.

How much time will I need to give?

This is a flexible role and the times that you work will be agreed upon by you and your befriended. You'll also be asked to fill out a short form after each session to keep us up to date with how things are going. Additionally, you will be asked to attend an initial induction and training session (via phone or video), and will have regular supervisions with our Volunteer Coordinator.

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What skills are we looking for?

You will be provided with full training before starting in your role, but these are some of the skills we will be looking for in a befriender:

- A sensitive manner and non-judgemental approach
- Sympathetic, caring and understanding
- Reliable and trustworthy
- Good communication skills and ability to chat to new people
- A good listener
- An understanding of the issues that affect unpaid carers
- Understanding of the importance of confidentiality & safeguarding
- Desirable: some experience in the health & social care sector

What will you gain from the role?

This role will provide you with the opportunity to gain new skills, make a real connection with someone, and make a valuable contribution to society.

How to apply

If you have any questions or need further information, please contact our Volunteer Coordinator Florence Goddard (Florence.goddard@traffordcarerscentre.org.uk)

You can also contact us on **0161 848 2400 (extension 2000)**