

BEXLEY MOORINGS PROJECT

Role Description for Volunteer Befrienders

Purpose

- Meet with and support young people (on a one-to-one basis), to help the young person gain confidence, self respect and a sense of responsibility.
- Offer friendship and flexible support, a good listening ear and the opportunity to join in social activities that the young person might not otherwise have access to.

Responsible to

- A named Project Lead.

Commitment

- Minimum six months in order to build a good relationship.

Location

- Will be agreed with volunteer befriender and young person.

Tasks

- To meet with a young person on a regular basis, to build a trusting relationship with them.
- Encourage the confidence of the young person.
- Encourage the personal development of the young person.
- To take part in social activities with the young person.
- To meet with the Project Worker to discuss action plans.
- Taking part in social and vocational activities.

Skills and Qualities

- A good listener.
- Ability to act appropriately with confidential information.
- Interest in the well being of young people.
- An understanding or sympathetic outlook for young people.

Support and training

- On completion of the initial training course, the volunteer will be considered for matching with a young person.
- The Project Worker will arrange the first visit.
- The volunteer will undertake regular supervision sessions and complete diary sheets on each contact with the young person.
- The Volunteers expenses cover mileage and the young persons expenses.
- Ongoing training will be given to Befrienders.
- All volunteers are free to attend social events and ongoing support sessions.