



Volunteer role: Befriending

Purpose of role

- To help alleviate loneliness, encourage engagement and identify the need for other support
- People supported may be elderly, people with learning difficulties, physical disabilities, mental health problems or have long term health conditions.

Activities

- Establish and maintain regular contact, maybe face-to-face, in a group or on the telephone
- You will offer a chat, support or occasionally provide advice
- Keep accurate records and update your colleagues regularly
- Attend relevant training and support sessions
- Refer any concerns raised by yourself or the person supported to your manager at Bromley Well.

Skills and experience

- Warm and friendly manner
- Empathy with the difficulties experienced by older people or those with disabilities or health difficulties.

Continued...

Further information and to apply contact Bromley Well on **020 8315 1905**
volunteering@bromleywell.org.uk **www.bromleywell.org.uk**

 **@BromleyWell**

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www.bromley.gov.uk



Bromley
Clinical Commissioning Group



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Training and support offered

- You will be provided with training, guidelines and ongoing support in order to undertake this role
- Other training opportunities may arise from time to time which may require your attendance.

Commitment

- This is a regular weekly, fortnightly or monthly commitment, at a time to be agreed.

Benefits to volunteers

- A reference confirming your engagement as a volunteer will be available after an agreed length of time
- Out of pocket expenses may be reimbursed
- A sense of wellbeing and the knowledge that you have made a difference to someone else.

Want to find out more?

We'd love to hear from you, call 020 8315 1905 or email volunteering@bromleywell.org.uk to get started today!

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