

Volunteer Role Description – Carer’s Befriender

Role Title	Carer’s Befriender
Location of Position	Thurrock
Responsible to	Carers Service Manager
Purpose/Summary of Role	A carer is someone who looks after a relative or friend. They are often isolated from the wider community due to their home commitments. As a befriender you will spend a short while each week chatting to them and provide diversion from their caring responsibilities. This can be over the telephone or in person.
Description of Tasks	• Telephone or meet with a carer • Report any concerns to Carers Service
Time Commitment	Approx. 1-2 hours per week. If you have more time to give, we can match you with more than one person.
Skills & Qualifications	• Confident in talking to people • Ability to show empathy • If you have personal experience of caring for someone this would be good but not essential
Training & Support	Before commencing volunteering, we ask that volunteers participate in the following training: • Roles and Responsibilities of a Volunteer • Conflict Resolution • Data Security Awareness for Volunteers • Equality, Diversity and Human Rights • Safeguarding Adults • Preventing Radicalisation (Basic Awareness) These short courses are delivered online and can be undertaken at a time convenient to the volunteer.

	You will also receive an induction into the role that will outline the role of a befriender and how you can carry out your duties safely. For anyone unable to access online training we run periodic face to face volunteer training.
Reimbursement of Expenses	This will be in line with our Volunteer Policy.
Benefits to Volunteer	• Meet new people • Learn new skills • Gain confidence • Sense of fulfilment as a result of helping others
Volunteer Manager Contact Information	Volunteer Manager 152 Bridge Road Grays RM17 6DB 01375391411 volunteers@thurrockandbrentwoodmind.org.uk



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