

**Volunteer Role Description – Befriender**

The project provides adults who are struggling with their mental health the opportunity to enhance their recovery by working one to one alongside a Befriender to work towards agreed goals and reduce their social isolation.

The purpose of this role is to support an adult who is experiencing difficulties with their mental health/emotional wellbeing to reduce their social isolation by creating a valued friendship and helping to improve self-confidence.

**Role Title:** Volunteer Befriender

**Commitment:** Approximately 2 hours each week for, up to 16 weeks. Day and time each week are negotiable between the volunteer and client.

**Tasks:**

* To meet with client at an agreed place
* To agree with the client a range of beneficial activities to reduce social isolation.
* To develop knowledge of appropriate activities in the area in order to support the client.
* To adhere to Doncaster Mind’s policies and procedures

**What we are looking for in a Volunteer Befriender**

**Essential skills:**

* Empathy and the ability to relate to difficulties a client may be experiencing with their mental health
* Knowledge of the barriers that people may face when recovering from mental health difficulties
* A clear time commitment
* Good listening skills
* A sympathetic, caring and friendly attitude

**Desirable attributes:**

* Experience of supporting people recovering from mental ill health

**Training:**

Induction training will be provided

Additional ongoing training where relevant

**Boundaries of the Role:**

To work within the organisations confidentiality policy and volunteer agreement.

**Other information:**

Support and supervision will be provided and out of pocket expenses will be reimbursed.