

## Role Description:

Volunteer role title: Befriending Volunteer

Based: South and East of Leeds

Supervised by: Befriending Support and Development Worker

Lines of support within project: Befriending Support and Development Worker,  
Connect for Health Service Manager

### Introduction to the service:

S.E.L.F (South & East Leeds Friends) is a befriending and social support service working with older people (age 50+) in South and East of Leeds who are experiencing mental health difficulties and high levels of social isolation. The project is delivered by Leeds Mind and funded through Time to Shine.

### Introduction to and brief statement outlining the purpose of the voluntary role:

Befriending volunteers provide a 'befriending service' to older people with mental health problems, focusing on relieving social isolation and building relationship skills through enjoying leisure time. Befrienders can support people by:

- Building confidence and self-esteem through social interactions and conversation skills
- Helping people to get out of the house
- Accompanying people on public transport
- Attending social groups and leisure activities
- Facilitating social groups

### Key Tasks and Responsibilities:

- Help to raise self-esteem through a positive befriending relationship, gradually extending 'comfort zones'.
- Help to build confidence by increasing the range, the nature of activities and the potential for independent social interaction.
- Help to build independence by empowerment through social and leisure activities.
- Attend induction and training as reasonably required.
- Receive and attend regular supervision.
- Enter into a partnership agreement to meet socially at an agreed time and frequency and participate in social/leisure activities of mutual interest
- Assist in the building of relationship skills through guidance from the Befriending Support and Development Worker and direct involvement in the befriending relationship
- Complete an end of partnership feedback

## Volunteer Person Specification

### S.E.L.F (South & East Leeds Friends) – Befriending Volunteer

	Essential	Desirable	Method of assessment
Qualifications and Knowledge	An awareness of the issues surrounding mental health difficulties	Knowledge of the factors which promote good mental health	A & I
Experience	<ul style="list-style-type: none"> <li>Supporting others in a formal/informal environment</li> </ul>	<ul style="list-style-type: none"> <li>Direct experience of mental health problems through self or family</li> <li>Broad range of interests</li> </ul>	A & I  A & I
Skills	<ul style="list-style-type: none"> <li>Sensitive communicator</li> <li>Ability to be around people in distress and remain calm</li> <li>The ability to motivate others</li> <li>Insight of own MH issues where relevant</li> <li>Ability to form supportive enabling relationships with people experiencing mental distress</li> <li>Ability to work in a way which will empower clients</li> <li>Good social skills</li> </ul>	<ul style="list-style-type: none"> <li>Competent communicator</li> </ul>	A & I
Personal Attributes	<ul style="list-style-type: none"> <li>Friendly and Amenable</li> <li>Reliable</li> <li>Able to receive constructive criticism</li> <li>Able to receive support and guidance</li> <li>Able to work independently</li> <li>Patient and tolerant of those with mental health problems</li> <li>Ability to empathise</li> <li>Sufficiently independent to meet travel requirements by walking, bus, bicycle or car</li> </ul>	<ul style="list-style-type: none"> <li>Have broad comfort zone</li> <li>Have the ability to find enjoyment in many activities.</li> </ul>	A & I
Additional Requirements		Able to participate in occasional longer activities or outings further away if required	A & I