

Norfolk befriending service volunteer role profile

Role	Norfolk Befriending service
Location	Various locations across Norfolk
Responsible to (link supervisor)	To be appointed
Level of DBS check needed	Enhanced
Start date	ASAP

About Caring Together

Three in five of us will become a carer at some point in our life. Caring Together is an ambitious regional charity that provides emotional and practical support, advice and guidance to carers of all ages and their families, as well as opportunities to take a break from their caring role.

Our people

We employ around 150 people with approximately 50% of those delivering homecare in local communities. We are supported by a growing number of volunteers who contribute their time to our work.

Summary of the role

Providing support for carers within the community. This can range from wellbeing support, companionship (having a chat and a cup of tea), shopping, cleaning or gardening. We are looking for volunteers to also provide company for the person carers look after so that carers can take a break – whether they want to go shopping, to an exercise class, to the hairdressers or doing something at home such as their own gardening or having a friend over for a cup of tea.

The support we provide can take place alongside any other care and support the carers may receive.

This is an opportunity to make a real difference to the lives of carers and the people they care for, to meet new people, to use and enhance your existing skills and develop new, transferable skills.

Where you will be based

The project is based across Norfolk and volunteers can agree to areas within the county they are willing to consider travelling to.

What you can do

- Removing weeds from garden flower beds or raised beds.
- Mowing lawns.
- Buying/ Collecting shopping, including collecting prescriptions.
- Companionship while walking/ accessing the community
- Laundry
- Dog walking on lead.
- Playing games

Please note this **does not** include:

- Tree/ Hedge cutting.
- Pressure washing or Car washing.
- Any lifts or car sharing at all.
- Heavy lifting of any kind.
- Personal care.
- Administering medication.

Your commitment

Your commitment can be as much or as little as you choose. Ideally with a minimum commitment of six months.

All volunteers must agree to follow Caring Together' guidance, policy and procedures, including our onboarding process which includes an Enhanced DBS check.

Benefits to the volunteer

- Gaining new skills, both practically and personally.
- The satisfaction of knowing you are making an important and valued difference to someone's life/the work of Caring Together.
- Meeting new people and be part of a friendly team.
- Gaining valuable experience in the social care field within a voluntary organisation.

Our commitment to you

- The opportunity to use and enhance your existing skills and develop new, transferable skills.
- Reimbursement of reasonable travel expenses.
- Full and comprehensive training will be given as well as regular debriefing and on-going support.

Skills and experience

- A desire to make a difference to people's lives.
- Like working as part of a team.
- Be approachable and non-judgemental.
- Enthusiasm.
- Be friendly and enjoy meeting and supporting people.
- Good verbal/written communication skills.
- Good listening and conversation skills.
- Be committed, reliable and trustworthy.
- Be understanding and respectful.
- An ability to demonstrate patience and sensitivity.

Get in touch

If you think this opportunity could be for you, please call Jane Hawkins on 07843 327485 or email volunteers@caringtogether.org

Caring Together is committed to safeguarding and promoting the welfare of vulnerable adults and children and expects staff and volunteers to share this commitment.

We are inclusive. We celebrate multiple approaches and points of view. We are an equal opportunities employer and expect staff to respect the personal choice and lifestyles of colleagues, carers, and people with care needs.