

# Volunteer Role Description

## Peer Befriender

ReConnect supports people affected by **Stroke, Dementia, Aphasia**, and other long term health conditions to connect with each other. We facilitate a **peer befriending scheme** and **peer support groups** across **Gloucestershire** to help reduce social isolation and build the confidence and self-esteem.

### As a Peer Befriender, you will:

- **meet people** affected by the same or a similar long-term health condition, either **face to face**, on the **phone, online** or in the community.
- **offer company**, empathy, encouragement, and a chance to share experiences.
- **accompany people** to peer support groups to grow their confidence and help them become more independent.
- **encourage people** to achieve personal goals, such as joining a local club or visiting the church or library and, if appropriate, accompanying them.
- **share your experiences** with hospital staff, other befrienders or people with long term health conditions.

### **This role might be perfect for you, if you are:**

- excellent at **listening & communicating** with people.
- empathetic and **non-judgemental**.
- willing to try new things and adapt to the Befriender's needs.
- happy to be autonomous with guidance from a key staff member.
- experienced in a long-term health condition (yourself, family or friend)
- over 18 years old
- **without a diagnosis of a severe mental health condition.**
- **reliable, clean and presentable.**

### **As a volunteer, you will benefit from:**

- an induction and **on-going training**, covering safeguarding, health & safety.
- **regular ongoing support** from a staff member.
- **meeting new people** with similar experiences of long-term conditions.
- connection to your local community and **support/social groups.**
- being a valued member of an incredible and friendly team.
- **out-of-pocket expenses reimbursed.**

### **Location & time commitment:**

- most volunteers commit to **1-2 hours per week** for at least three months to provide consistency for the person they support.
- timing and location are **flexible** depending on your, and our befriender's, needs.

## Application Process:

- If you would like more information about the role: please **call 07935 810 160** or email [amy@reconnectglos.org](mailto:amy@reconnectglos.org)
- To apply, please complete an **application form** and return it to: email [amy@reconnectglos.org](mailto:amy@reconnectglos.org) or post ReConnect Gloucestershire CIC, 12 Dallaway, Thrupp, Stroud GL5 2EB
- A Disclosure and Barring Service (DBS) check at an enhanced level is required for this role. ReConnect will process this with you for free.
- Once we have received your application, references and DBS check we will arrange a time for your training and match you with a person.