

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 to 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 volunteer commit to 1-2 hours per week for at least three months to provide consistency for the person they support.
- timing and location is flexible depending on your, and our befriender's, needs.
- befriending can be in-person across Gloucestershire, via telephone or zoom.

Application Process:

- If you would like more information about the role: please call 07935 810 160 or email amy@reconnectglos.org
- To apply, please complete an application form and return it to: email 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.