

befriended



Volunteering

*Registered Charity Number 1175623
0300 772 7703*

Welcome

Thank you for your interest in joining Befriended.

We are a befriending service representing local churches which connects volunteers with older people for friendship and support throughout Mid Sussex.

We hope that the information in this booklet will answer some of your questions and encourage you to send your application form to us!

Why Volunteer For Befriended?

Loneliness and social isolation has become a huge problem in our nation and on a local level. It can affect people of all ages but perhaps the most vulnerable are our ageing population who may have:

- Problems getting out of the house due to poor mobility
- Health concerns which mean they need more help
- Family who have moved away or work full-time
- Loved ones who have died.

Experts agree that social isolation is the biggest challenge facing our ageing society and many older people fear loneliness more than lack of money or deteriorating health. We hope that you can help us achieve our aim of tackling this issue through friendship, support and social activities.

Our Background

In the autumn of 2017, Befriended was born out of a desire and passion to make a difference in the lives of lonely, isolated and vulnerable people.

Befriended unites the resources from a number of Christian churches across Mid Sussex. The visiting service inspires people to love their neighbour and make a difference by reaching out with the gift of time and being a friend.

The Befriended Team

Gail Millar

Executive Director

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Joy Dawes

Administrator

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Patron

The Right Reverend Richard Jackson, Bishop of Lewes

Trustees

Rev Will Kemp

Lizzie Lamont

Gail Millar

Stuart Millar

Tafrina Styles

Offering Friendship and Support across Mid Sussex

What happens next - our recruitment process?

It is vital that older people can feel confident in the scheme. They need to know that all of our volunteers are trustworthy and capable. To that end we need to perform some checks, these are:

Application Form - All volunteers are asked to complete a brief application form. You will find this at the back of the pack.

References – We take up two character references. These cannot be relatives.

Informal interview – This is an opportunity for you to find out about the befriending role as well as for us to understand your background and what you can offer.

Disclosure and Barring Service Check (replaced the old CRB check) – We need you to complete a DBS form and allow us to copy your ID documents. After a few weeks you will receive your disclosure certificate and **you will need to provide us with a copy.**

Induction Training – We require all volunteers to attend a 2 hour training session designed to equip you in your befriending role. At a later date you will also be required to attend safeguarding training and training on dementia awareness.

Once all of the above steps have been completed we will be in a position to link you to someone who needs a visitor.

How the linking process works

We receive referrals from many of the key organisations in the area who work with elderly/isolated people. Some referrals also come from family members or the individual themselves. The following process takes places:

Referral Form – We receive basic details about the person (Befriender) who needs a visitor.

Initial Assessment – A member of staff will visit the Befriender as soon as possible to get to know them and to assess whether he/she fits within the

scheme's criteria. If they do not fit our criteria every effort is made to refer them to other relevant agencies.

Volunteer Assigned – We endeavour to find a suitable volunteer who would work well with the Befriender. We take into account personality, experience, interests, availability and geography.

Introductory Visit – One of our Befriended team will introduce the volunteer to an assigned Befriender. This will take place in the Befriender's home. Assuming this meeting goes well; Befriender and volunteer will then agree regular ongoing visits.

Regular Visits Begin - Provided the above proceeds satisfactorily, visits will continue according to the availability of the volunteer. This is usually once a week/fortnight for around an hour or so. Visits take the form of informal conversations over a cup of tea/coffee and aims to provide crucial support to their Befriender.

More Information

If you would like more information about Befriended or have any questions as to whether volunteering is for you, do contact us on admin@befriended.org or ring 0300 772 7703. You could make the difference in breaking down social isolation and help to build our local community.



