

**Title of Role: Volunteer Befriender**

Glasgow’s Golden Generation are a Charity in Glasgow who helping and supporting the older generation since 1948 offering vital services to ensure older adults have a better quality of life and allowing then to be socially included in their local communities by offering Day Care Services, Befriending Services, Welfare and Income Maximisation Service, Weekly Social Clubs and Digital Services. Our shop helps us to raise funds to help with the continuation of our services.

**Purpose of the Role**

We are looking for Volunteer Befrienders to help Glasgow's Golden Generation's Befriending Service to support older adults aged 55 and over.

Our aim is to:- Reduce isolation and loneliness by providing one to one visits either in the home or in within the local community.

Our service supports housebound who have no connection with their local communities and where a befriender can offer that lifeline to reconnect them.

Our service also supports people who have lost their confidence, had an accident, lost a loved one and are looking for a befriender who can support them through a difficult period of their life and where they just need some support and encouragement to re-engage with their local communities.

The role and responsibilities of volunteer befrienders are to increase self confidence and self esteem and provide fulfilling friendships and enhance life quality.

We be looking for a commitment of at least 9 months to 1 year.

We hope that the volunteer befrienders gain a sense of fulfilment, satisfaction, increased self esteem and self confidence, experience and new life skills.

**Main Activities/ Tasks:**

**To connect with an older adult on a one to one basis**

Commit to a weekly visit for 1-2 hours
Meet the social needs of individual clients
Observe overall health and safety of self and client
Report all incidents and concerns to the Co-ordinator
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Treat clients and carers with respect, dignity, privacy, individuality and inform choice.
Take into account abilities and aspirations, values and beleifs of clients
Adhere to the projects rules, regulations and confidentiality at all times
Report any sickness, holidays or other absences
Inform client and carers of all absences, whether planned or not
Attend meetings and training as required by the Befriending Service.

**Qualities/ Experience/Skills**

There is no formal experience required for this role all we ask it that you are:-

* Reliable and have a genuine interest in the desire to make a difference in the lives of older adults
* Good communication skills/interpersonal skills
* Patience, understanding and a warm and friendly attitude

**Training and Support**

* You will be required to attend the Befriending Induction training and participate in further training and/or networking events which may be offered.
* Ongoing support and supervision will be given by the Befriending coordinator either in person or via zoom/teams.
* Regular reviews will take place and an opportunity given for peer support through networking events with other Befrienders
* Regular updates and news from the Befriending Service will be sent to you by email
* Reimbursement of out of pocket expenses such as mileage or public transport costs.

**Location**

Our Project Covers the whole of Glasgow and we will try to ensure that you are matched with a Befriendee as close to your local area as possible.

**Main Point of Contact**

Engagement Volunteer Manager

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