



Trusted Friend - Volunteer Role Description

Project Catalyst is a new project that aims to improve the confidence and resilience of individuals and communities emerging from lock down. With a focus on the Cambridgeshire and Peterborough area, the project aims to support those who have been shielding boost their confidence and reintegrate into their communities. We are recruiting for Trusted Friend volunteers to help accompany people on their first local shopping trip, go for a walk or get back to a group/social activity. Volunteers will provide this support short term to encourage independence and inspire people to continue living their lives.

Role and purpose:	Trusted Friend. Providing short term support to those who have been shielding or who may be struggling to find confidence to re-emerge by accompanying people to get back out into the community, make connections and enhance their wellbeing.
Time:	One visit a week or fortnightly for 6-8 weeks
Main contact:	Wellbeing Team
Location:	In your local community
Requirements:	18+ years old, DBS check (previously CRB) willingness to undertake relevant training.

What can the opportunity involve?

All tasks will be in line with Government Health and Safety Guidelines

- Initially contacting a person by telephone to start to build a connection and rapport.
- To then visit a person (socially distanced) with whom you have been matched, building a relationship of friendship and trust.
- To give the person support and encouragement to get out and about or pursue a leisure interest.
- Accompanying the person on a walk or visit to shops or day center etc.
- To complete a visit sheet after each visit and to participate in regular reviews
- Sharing information with clients to help them find enjoyable activities and useful services
- To liaise, at times, with Care Network staff or other agencies as appropriate
- To uphold Care Network Cambridgeshire core principles, vision, culture, and values and abide by the policy handbook.
- Advising the Coordinator if other agencies i.e. GPs are required
- Inform your coordinator if you identify where activities and services are lacking
- Feeding back to your coordinator details of any information given and passing on more complex enquiries

What skills or experience are we looking for?

- You'll be flexible, friendly and approachable
- Have a genuine concern for the welfare of others
- Non Judgemental and respectful
- Contactable
- Have good interpersonal skills and be able to communicate with a wide range of people
- Be caring have a desire to help others

Able to follow Care Network's policies, including confidentiality and equal opportunity

What will I get out of it?

- Supporting Care Network to enable people to stay healthy, independent and in touch with their family, friends and community
- Gain an insight into Care Network's work and its role in the charity sector as a whole
- Training: an introduction to the organisation and your role
- Opportunity to build experience for your CV or contribute existing skills
- Regular and ongoing support from your main contact and office team