

## Volunteer Role Description – Care Home Friend

<b>Role:</b>	Befriending an older person living in a care home
<b>Where:</b>	In care homes across the Borough of Richmond. We will try to match you with a local nursing home.
<b>When:</b>	1 to 2 hours once a week.
<b>Why:</b>	Older people in care homes are potentially some of the most vulnerable people in our society. Research shows that they are twice as likely to be lonely as older people living in the community.
<b>What does the role involve:</b>	Undergoing a DBS (criminal record check) Attending training. Visiting and befriending an older person living in a nursing home. Possibly undertaking activities with the older person, such as reading to them, or playing a game, or showing them how to use a mobile phone or tablet, if you are confident to do that.
<b>Attributes / skills needed:</b>	Be reliable Have empathy and patience, Be friendly and approachable Ability to listen and engage in conversation
<b>What's in it for you?</b>	Meeting other likeminded volunteers. The satisfaction of knowing that you are making a big difference in the life of a vulnerable person in your community. Valuable experience of volunteering. Pre- agreed out of pocket travel expenses.
<b>What you can expect from us:</b>	Training and induction before the role starts. Ongoing support from the project co-ordinator and an annual review. Regular meetings with other volunteers. Opportunities for further training
<b>Contact:</b>	For further information contact Enid Kimmerling Phone 020 3778 0035 Email: <a href="mailto:enid@embracingage.org.uk">enid@embracingage.org.uk</a> <a href="http://www.embracingage.org.uk">www.embracingage.org.uk</a>