

Volunteer Role Description – Befriending Care Home Residents

Role:	Befriending an older person living in a care home
Where:	West Sussex
When:	1 to 2 hours once a week.
Why:	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.
What does the role involve:	Undergoing a DBS (criminal record check) Attending training. Visiting and befriending an older person living in a care home, usually once a week for an hour. This might involve activities such as reading to them, or playing a game, chatting, or going for a walk.
Attributes / skills needed:	Be reliable Have empathy and patience, Be friendly and approachable Ability to listen and engage in conversation
What's in it for you?	Meeting other like-minded 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.
What you can expect from us:	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
For more info:	Contact the West Sussex team: Email westsussex@embracingage.org.uk Phone 020 3778 0035 www.embracingage.org.uk