

Befriender

Prevent isolation in your community become a befriender

We all need a helping hand or listening ear – sometimes more so due to health, isolation or recovery following an operation.

How you can make a difference to people's life as a Befriender

- Increase or maintain social links such as attend local events, transport to coffee mornings
- Accompany clients on GP or hospital appointments
- Teach clients new digital skills such as email, Skype or how to search the web.
- Practical support in the garden or a spot of DIY in their home
- Assistance with hoarding disorder
- Support to a carer who is feeling isolated.

About Prevention Matter service

Prevention Matters help adults regain confidence, maintain independence, and help them get out and about. The Community Support Workers support clients by finding help, signposting to other services, connect with others in the local community and provide encouragement to get involved in social events.

Expected Hours

Hours are flexible to suit you

Location

Various locations across Buckinghamshire

How clients access your support as a volunteer

Once Support Workers complete their intervention after 8 weeks, clients who need further support are referred to the volunteering service for matching with a volunteer.

Training Offered

Online safeguarding vulnerable adults and children training will be offered as well as relevant in-house training opportunities through out the year. Volunteer will receive ongoing support from a Volunteer Supervisor.

How to Apply

Please show your initial interest by completing our [volunteer contact form](#). Our Volunteer Coordinator will then call you to discuss the role so please be sure to include a mobile. At this point there is no commitment you are just expressing interest to find out more about the role.

What is the Process?

Once you have submitted the application form the Volunteer Coordinator will contact you to arrange suitable time and date to have an informal chat to give you more details about our service, volunteering role(s) and to find out a little more about you.

You will have access to volunteer manual with key policies and other detailed policies as relevant via Office 365 on OneDrive. Each volunteer has a Connection Support email address which is used to communicate with you and so you can receive organisation-wide news. You are an important part of our team.

FAQs

We've compiled the following answers to what we think will be questions that may pop into your head. Please do ask your Volunteer Co-ordinator anything that you'd like to know before progressing with your application to volunteer.

“How long am I going to support a client?”

We provide support for clients for up to 6 months. However, some clients need shorter or longer support. We review clients cases every 4 months.

“Do I need any previous training or experience?”

No previous training or qualifications are necessary for this role

“What if the client and I don't get along”

It honestly doesn't happen very often, generally our volunteers and client's bond quickly and work together to achieve clients' goals. If you did have any problems with your client, then your volunteer and volunteer supervisor will talk this through with you. If necessary, the match would be closed early, and an alternative volunteer/ client found.

“What I am unwell or on holiday one week and I cannot see my client”

We do expect you to be committed to supporting your client, for the duration of the support (6months). However, it is important to us that your personal life is not adversely impacted by your volunteering. It is fine if on occasion you need to take a week out. You will let your supervisor know if you need an extended period away.

“Will I meet other volunteers?”

Yes. We have regular social and training events throughout the year, although these are currently being delivered virtually.

“Can I keep in touch with the client after the placement has ended?”

We understand that volunteers and clients often form a close bond, and that this bond is integral to the success of the support. However, we do recommend that volunteers maintain professional boundaries and keep their contact with the clients to the timeframe given at the start of the match.

“What sort of further training can I access”

There will be opportunities throughout the year to attend various workshops and training sessions.

“Will this volunteer role help me to access work?”

Hands on experience is always valuable when applying for a new role. We are always happy to give our volunteers a reference if they are applying for a new job. The skills and experience you gain with us can be useful in a variety of careers. If there is a specific job role or career you are working towards it is best to discuss this when you speak to our volunteer co-ordinator/supervisors, to enable you to get everything you hope to from volunteering with us.