



Octavia Foundation

Volunteer Befriender

The Octavia Foundation works with people affected by unemployment, ill health, social isolation or low income to connect them with opportunities for positive personal change.

Our vision is to build stronger, happier and healthier communities in central and west London to help create an enriched life where we live. Please help us to do this by volunteering to befriend a member of the local community, who is isolated and vulnerable, in Westminster or Kensington and Chelsea.

Reasons to volunteer

Would you like to assist an isolated person in your local area? Would you like to provide them with the emotional support, social skills and confidence that will help them to feel happier in their everyday life? Would you like to build a relationship with an older person, which often results in learning more about yourself and increased confidence?

- You will know that you have helped someone to move on in their life and take part in society.
- Opportunity to enhance your CV and to learn new skills.
- We are able to provide references to employers and/or further education establishments.

What would I be doing?

- Meeting once a week with the person you have been matched with, in their own home or an agreed public place, at a mutually agreed time.
- Encourage communication on a shared interest or topic.
- Arrange activities and listening to your Befriender with empathy and encouragement.
- On occasion you may be asked by your befriender to accompany/escort them outside on a one to one basis or do some shopping in circumstances where they are unable to

What skills are we looking for?

- Good communication skills.
- Understanding of empathy and the needs of people with isolation issues.
- Understanding of confidentiality.
- Able to use own initiative and work unsupervised, reliable and trustworthy.
- We ask that you volunteer for 1 hour per week, for a minimum of 6 months.

Full induction, ongoing training and support. This includes training on: communication, empathy, health and safety, confidentiality and safeguarding

How do I sign up?

Complete our application form here: https://www.octaviafoundation.org.uk/volunteer/apply_now. We will then arrange for you to meet our Befriending staff for a chat, as an opportunity for us to get to know you better and explain the project in more detail. We would request 2 references and carry out Enhanced Disclosure checks on all volunteers, but this would only happen if we both agree that Befriending is the right fit for you.

We are committed to equality and diversity and welcome applications from all sections of the community. Please contact us should you prefer to apply over the phone or via hard copy, for accessibility reasons.

All travel costs and out of pocket expenses reimbursed on the provision of receipts*

*Speak to the Older Persons Volunteer Coordinator for more information.