

Volunteer Befriender (remote/telephone)

Octavia 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 to feel less lonely, particularly during this difficult time? Would you like to provide them with the emotional support and confidence that will help them to feel happier in their everyday life?

- You will know that you have helped someone to feel more connected to society and less lonely
- Full induction, ongoing training and support (all provided remotely). This includes training on: communication, empathy, health and safety, confidentiality and safeguarding
- 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?

- Talking for up to an hour each week with the person you have been matched with, at a mutually agreed time(s). You may choose to do this once weekly or split it between 2 or 3 separate calls.
- Encourage communication on a shared interest or topic
- Listen to your befriender with empathy and encouragement
- We understand that at this difficult time you may wish to do food shopping for your befriender and so we have produced guidelines which will be explained during training, if you wish to do this. However it is not an expected part of the role.

What skills are we looking for?

- Good communication skills
- Understanding of empathy and of confidentiality
- Able to use own initiative, reliable and trustworthy
- We ask that you volunteer for 1 hour per week, for a minimum of 6 months

Sounds great! How do I sign up?

Complete our application form here: https://www.octaviafoundation.org.uk/volunteer/apply_now. It takes just 5 minutes! We ask for 2 references but these do not need to be from employers. For instance, they can be character references from college tutors or support workers who know you well. We also 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. If you require any adjustments due to a disability (including: physical, psychological or neurological disease or disorders) in order to get the most out of your time volunteering with us, please do let us know so that we can ideally facilitate this.