

Volunteer Home Visiting Befrienders Needed

Friends
Exchange



Volunteer Befrienders

Age UK South Lakeland's Friends Exchange Service provides free and confidential support through our trained befriending volunteers for older people who may live alone, be housebound, have days when they see no-one, may be isolated or are unable to access other activities.



We are looking for:

Volunteers who can provide companionship including; chatting, listening, reminiscing, making a cup of tea in the client's home and encouraging older people to join Age UK's activities in the local area.

Do you have:

- an interest in and empathy with older people?
- good listening and communication skills?
- understanding of the need for confidentiality?
- a non-judgemental approach to people?
- a positive attitude towards older people and their needs?
- a good sense of humour?
- willingness to work according to guidelines and standards?
- flexibility to meet clients' needs?

Visits will take place between Monday and Friday, 10am to 4pm by mutual agreement. We anticipate that visits will take up to 2 hours but this is at your discretion.

Full training will be provided.

We offer:

- monthly support groups
- regular training and social events
- opportunity to use your life experience to improve clients' lives
- out of pocket expense payments
- a supportive, friendly team



Interested?

To find out more please contact the Friends Exchange Service Co-ordinator on 01539 728180 or email volunteering@ageuksouthlakeland.org.uk. You can also visit our website at www.ageuk.org.uk/southlakeland.

You can also write to us at:

Friends Exchange Service Co-ordinator
Age UK South Lakeland
17 Finkle Street
Kendal
Cumbria
LA9 4AB

Interested in other volunteer roles with Age UK South Lakeland?

Please get in touch with our volunteer team for a chat.

t 01539 728118

e volunteering@ageuksouthlakeland.org.uk

post Age UK South Lakeland, 17 Finkle Street, Kendal LA9 4AB

Helpline 01539 728180

The Age UK South Lakeland helpline is for all your questions and problems. It's also a one-stop shop for you to reach the rest of our services. We're open Monday–Friday 9.00am–4.30pm, but do leave a message at any time.

Just like our shops, all proceeds support our services in South Lakeland.

www.ageuksouthlakeland.org.uk

