

## **Involve Kent: Actively Involved Buddy**

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### **Aim of volunteering role:**

Volunteers will offer physical and emotional support to people who want to improve their wellbeing and reduce social isolation making a real and positive impact in tackling the causes of loneliness for people with disabilities and the over 55s.

### **Tasks & activities:**

Tasks will be varied depending on your skills and availability. Volunteers will be matched up with a person who is socially isolated and feeling lonely and help them to access services, activities and groups in their local area. Tasks may include:

- Driving to/from activities and groups
- Befriending – talking to people about activities they have attended, offering emotional support.
- Supporting people to attend groups, for example going with someone to a singing group for the first time because they are too anxious to go alone.
- Supporting people to make lasting and sustainable friendships by attending local activities, facilitating the opportunity to meet people with common interests and hobbies.
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**Time:** various – you will be matched with someone to support so timings will be based on when they are attending groups/activities/services

This role is very flexible and can fit around you.

**Place of work:** There are a variety of geographical areas across West Kent. We will talk with you about where you would like to work, possibly based in a town or rural location.

**Volunteer manager:** Community Activity Co-ordinator.

**Transport needed:** own transport desirable but not essential.

**Skills required:** good listening skills, supportive, encouraging, motivated. Experience working with the over 55s or adults with disabilities. Desirable but not essential.

### **Benefits offered:**

1. Full training within role as well as additional access to other courses.
2. Travel expenses.
3. Full insurance cover.
4. Volunteer recognition events, e.g. Christmas, Volunteers Week.

**Training & support provided:**

All buddy volunteers will have regular contact and support from a Community Activity Co-ordinator who will be the main point of contact for any queries. In addition, all buddy volunteers are required to complete the following training sessions:

- Introduction to Involve – the organisation and our values
- An overview of volunteering at Involve – what to expect including training, support and supervision
- GDPR and confidentiality
- Health & safety
- Safeguarding
- Boundaries
- Equality, diversity & inclusion
- Dementia awareness
- Active listening
- Multi-sensory impairment
- Lone working

Other training may be requested by the volunteer if needed to carry out their role.

**DBS Checking:**

Volunteers who will be directly and significantly involved with children and/or vulnerable adults will be required to undergo a police check.