



Volunteer role: Befriender for older person

Project: Good Neighbours Coventry

Commitment required: 1 hour, weekly or fortnightly, for minimum of 4 months

When: flexible – daytime, evenings or weekends

Where: usually from an older person's home, who lives in a convenient place near you

Age limit: volunteers must be 18+ (but parents can bring supervised children with them)

What will I be doing?

- Visiting an isolated older person in their home to chat with them
- You are matched by location & shared interests – you can do an activity together (e.g. knitting, chess, baking, watching a sport) or go for a short walk
- If the older person has any problems or extra needs, you will ask the Good Neighbours team to help the older person.

What skills do I need?

- Ability to listen & ask questions
- Ability to chat about different topics
- Good personal boundaries (the befriending is primarily for chatting & fun activities, not to do chores or give lots of support)
- Reliability
- Understanding of safeguarding & willingness to attend training on this

What will I gain?

- A new friend & a nice time chatting with someone new
- Regular support from your Good Neighbours Coordinator
- Out-of-hours support if you have a befriending emergency
- Skills for your CV & a DBS check (police check)
- A reference from HOPE Coventry
- Good feelings - you've helped an older person to become less lonely
- Travel expenses
- Access to volunteer meetups & extra optional training

What's next?

You can attend an information session to find out if this is for you – book yourself on via tinyurl.com/GNinfosession or contact goodneighbours@hopecoventry.org.uk or 07563 902 904.