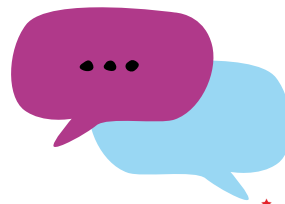


Barnet Friends



Volunteer Information

What Is Barnet Friends?

- Barnet Friends is a service being delivered as part of the Barnet Wellbeing Integrated Service to provide one-to-one telephone support through the telephone for a minimum of six months and up to a maximum of 12 months.
- This service is aimed at Barnet residents aged 18-55 who might be isolated or less connected with their community.
- We support anyone who might benefit from the services and will support those without any diagnosed mental health concerns or with low to severe mental health needs.
- The service develops the quality of life for residents through improving our client's coping resources for managing isolation and/or poorly controlled mental health.

What Is the Role of a Befriender?

- Befrienders are carefully selected volunteers, who are trained to provide support and companionship to lonely, or emotionally distressed, people.
- Volunteer befrienders are matched to an individual to provide companionship and emotional support
- Provide information and signpost to a range of activities and services to enhance emotional wellbeing (information will be provided on this)
- Uses structured goal setting to enhance the client's self-esteem, and increase their motivations to be more sociable or physically active

What Attributes Do I Need to Apply?

- 18 years and over.
- Good communication and listening skills.
- Clear sense of personal boundaries and confidentiality.
- Patience, empathy, and kindness.
- Some background in Mental Health or Social Care setting is desirable but not essential.
- As a befriender you will need to be flexible, reliable, and non-judgmental.

How Does Befriending at Barnet Friends Work?

- We match our befrienders and clients based on a wide variety of criteria including shared interests, and/or if they prefer a volunteer of a certain gender or age range.
- You will arrange a set time each week to speak on the telephone for between 30 and 60 minutes.
- You will need to make some brief notes and a record of the calls made which includes flagging the Coordinator of any concerns .
- You will be expected to attend Volunteer Group Supervision and you will be supported by the Barnet Friends Coordinator.

What What Commitment Is Required of Our Volunteers?

We would like you to take on 3-4 clients, which would mean a commitment of up to 4 hours a week for a minimum of 6 months.

What Are the Benefits of Being a Barnet Friends Volunteer?

- Learn new skills to add to your CV (we can provide a reference after 6 months).
- Help make a difference to residents of your local community.
- Meet new people and improve your emotional wellbeing.
- Be part of a winning team.
- Receive ongoing training and support- a volunteer induction, monthly check in calls, training resources to read and regular volunteer group supervision (either through video call or by telephone).

How to Apply?

- To apply please email befriending@communitybarnet.org.uk for an application form or go to the [Barnet Friends webpage](#).
- We will then schedule an informal telephone interview with you to find out more about you and your motivations for becoming a befriender.
- If we are both happy, then you will be given training and appropriate resources to start your role.
- Barnet Friends can provide references for volunteers who have completed 6 months of volunteering with us.
- Due to the vulnerable nature of the people, we support we will require two references and a DBS check. Further details will be discussed with you at recruitment.

