

Role Title	Befriending Volunteer
Centre where role is based	Initially telephone only support but Befriender should be near to one of our centres in order to meet Service User when permitted. Our centres are located in St Albans, Welwyn Garden City, Hertford, Stevenage
Purpose	Being a befriender means giving some of your time to someone who may be in a difficult place; listening, being reliable, offering hope and ultimately empowering them to move forward. People often need to increase their self-esteem and confidence and building relationships can be key to this.
Main Tasks	<ul style="list-style-type: none"> • Telephone Support and then when possible meeting and having coffee • Considering wellbeing needs and putting these into practice • Accessing exercise or leisure pursuits • Providing information about local activities, groups and support
Skills , Experience and Qualities needed	<ul style="list-style-type: none"> • Has an appreciation of mental health issues • Enthusiastic with a positive attitude. • Reliable, responsible and punctual. • Effective communicator. • Understanding and non-judgemental
When	At a time agreed between Service User and Volunteer. Volunteers to commit to 1-2 hours per week to befriend an individual.
Where	Initially via telephone but when safe to do so, meet in the region of our centres in St. Albans, Welwyn Garden City, Hertford, or Stevenage
Support offered	<p>Expenses paid up to a limit of £5 per day.</p> <p>Induction and training on the job, in addition to a mandatory training package.</p> <p>Supervision and line management.</p> <p>Access to free mindfulness sessions</p> <p>DBS clearance will be applied for, leading to free membership of the DBS Update Service.</p>
What could volunteers get out of it	Volunteering for Mind in Mid Herts will give volunteers the opportunity to be part of Mental Health Service Provision in Hertfordshire. Volunteers can learn new skills and gain new experiences. They will be working as part of a team and be a valuable and worthwhile part of the community.
Other information	If you are interested please complete contact our volunteer coordinators: volunteering@mindinmidherts.org.uk

