

WILL YOU JOIN US?

Every day, in so many ways, our volunteers give their time and effort to make an incredible difference for older people. Without them, we couldn't be here when we are needed the most

Age UK Teesside have been providing a befriending service in Redcar and East Cleveland for some time.

Most of our clients are vulnerable and lonely and after lockdown, nothing will change and they will continue to be lonely and isolated.

We are always looking for people who would like to volunteer, not for just now but also for the future.



What is befriending?

After matching you with someone who has similar interests, we would usually introduce you to them and you would continue to pay weekly visits to their home. As this is no longer possible, befriending continues over the telephone with weekly calls which can include:

- checking in that they are eating well, have enough food in, have a plan to get more delivered if necessary and are staying hydrated
- that they are taking and have access to any medication which they might need
- encourage them to keep in touch with people over the phone or digitally if they can
- recommend that they listen to a chatty radio station and if they are feeling lonely, to put some extra pictures around of people they care about
- talk about their lives and the amazing things they have achieved

What is the process for joining us?

Although your help is needed, we still need to maintain standards and processes which protect our clients. We would therefore need to complete our usual application process which includes:

- the completion of an application form (which is attached)
- seeking references
- an informal interview over the telephone
- completion of a DBS application (even if you already have one)
- completion of our online induction (usually this would be face to face)

What happens after lockdown?

After the lockdown we will revert back to face to face befriending so the person you are matched to, would then see your face. We are hoping that by the time this happened you will have formed a strong relationship with your client and have already planned things you could possibly do together eg go for a coffee, play a game of cards or go for a walk.



What we cannot do, is allow our clients to revert back to being lonely and isolated after lockdown.

We are therefore looking for a commitment which will continue when life returns to `normal` so will only accept applications from people who are looking to help us long term.

Still interested?

If you wish to apply, please complete the application form and return it by email to marie.kerr@ageukteesside.org.uk

If you are still interested but would like to know more, please get in touch with Marie Kerr at Age UK Teesside on 07834 1181190 or email marie.kerr@ageukteesside.org.uk