

CAN WELLBEING COLLABORATIVE VOLUNTEER BUDDY

WHAT IS A WELLBEING BUDDY?

A Wellbeing Buddy is a volunteer who is matched with someone who has been referred to us for support for a period of 12 weeks and either volunteers with them over the phone or in person.

Telephone Wellbeing Buddy

Telephone Wellbeing Buddies are matched with someone for 12 weeks and call them each week for about 20 minutes. It is the hope that check-in calls like this will help to combat feelings of isolation.

Face to face Wellbeing Buddy

Face to face Wellbeing Buddies are matched with someone for 12 weeks. They will meet them each week with an overall aim of helping them to build confidence and improve their quality of life. This might involve having a chat over a cuppa, going for walks with the person or just offering some company in their normal routine.

WHAT'S IN IT FOR YOU?

- Experience a rewarding opportunity where you can personally empower people to live well
- Develop your skills in empathy, active listening and supporting and advocating for others
- Reimbursement for expenses and access to schemes such as free Beryl Bike minutes

WHAT ARE WE LOOKING FOR FROM OUR WELLBEING BUDDIES?

You don't need lots of experience, as we are mainly looking for kind-hearted, personable, and reliable people who love to chat and can give a small amount of time each week to help someone who needs it. You will be given training and ongoing support from the volunteer coordinator.

WHO ARE WE?

The Wellbeing Collaborative offers a helping hand to explore and connect people to community support. We might help people who are:

- Unwell and needing a little help to get out and about again
- Wanting to make new friends, or just have a chat and a cuppa
- Needing some practical help around the house
- Wanting to get out and try a new social activity

THE NECESSARY INFO

You can give as much or as little time as you like as a volunteer. You will be given training and support throughout and be able to claim for any expenses.

We require you to:

- Be over 18
- Have a phone you can use for the calls (if you are a telephone Buddy)
- Be able to travel within your local area, whether by public transport, Beryl bike or driving (if you are a face-to-face Buddy)
- Undergo a DBS check (free to you)
- Be able to volunteer during the working week only (9-5 Monday to Friday)
- Be comfortable in the use of technology
- Be able to commit for at least 12 weeks

BECOME A WELLBEING BUDDY

1. Complete the application form on our website and send it via email.
2. Attend an informal interview with the volunteer coordinator.
3. Undergo a DBS check (free of charge to you).
4. Complete training (face-to-face or online).
5. Begin your role!

