# Volunteer Role Description – Covid 19 version

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| Role title | Befriender for MOVE Project |
| Purpose of the role | Participants on MOVE have varied and sometimes complex needs. You will support participants to overcome social anxiety and isolation by providing one to one support over the phone or online, eg: email. For example, a weekly catch up chat to see what they have been doing, talking about their hobbies and interests. |
| What you will be doing | * Building a supportive relationship * Helping people to overcome feelings of isolation * Building resilience and self-reliance |
| Skills, experience and qualities needed | * Good communication and listening skills * Friendly and empathic demeanour * Able to use initiative * Flexible approach * Good time keeping and able to give regular commitment * DBS check |
| When and where | A weekly or fortnightly session of 15-30 mins per participant. You can use a telephone and room on campus to carry out this role. |
| Support offered | You will receive an induction and offered regular catch ups with one of the MOVE team.  If there is a particular skill or area of knowledge that you would like to develop, please let the team know. |
| What you could get out of it | * Up to date and relevant skills, knowledge and experience to help with your current studies and future career. * The chance to ‘meet’ new people and to provide much valued support * Expenses incurred as part of the project will be reimbursed |
| Other relevant information | All volunteers and participants are carefully matched. |
| What to do if you’re interested | Please contact Alison or Lauren in BG Futures or email: [moveproject@bishopg.ac.uk](mailto:moveproject@bishopg.ac.uk)  Or phone: 01522 583900  For more general information about the project, you may like to visit <https://www.bishopg.ac.uk/move/> |

# Roles may be flexible – please talk to us