

Volunteer Befrienders



Befriending is an incredibly rewarding role that involves visiting and offering supportive, reliable relationships to people who may otherwise be socially isolated.

Share's befriending project aims to significantly reduce loneliness by providing enjoyable social connections and experiences for adults with learning disabilities, autism and other support needs.



What do befrienders do?



- You'll be carefully matched with someone who has similar interests
- You'll usually meet them once a week for 1-2 hours - it's a flexible arrangement, you'll agree a time that works best for you and your befriender
- You'll take time to listen, talk, share experiences, and take an interest in their wellbeing
- Ideally you'll commit to volunteer for a minimum of 6 months to give continuity to members of the scheme
- On visits you'll go for a walk in the park, a bike ride, get a tea or coffee, go shopping, or even go bowling

How does befriending help?

- It offers people companionship with someone outside their immediate support bubble
- Social interactions help people feel less lonely and isolated
- People are supported to get out and explore their local community which helps build connections
- It encourages exercise and getting out in the fresh air
- It allows people to have someone trusted to talk to
- Befriending helps people to communicate more thereby building confidence and social skills



What training and support is there?

- A comprehensive group induction and initial training session
- Further training opportunities including First Aid, Mental Health First, Makaton, and Autism Awareness
- Ongoing support from all the staff at Share
- You'll be able to have your say in how we develop the project longer term and take part in our annual volunteer survey

Who should volunteer?

- Anyone wanting to make a difference in their community
- Health and social care students, trainee nurses - looking for placements or just to gain experience of working with people who have learning disabilities and autism
- People who are good listeners, reliable, sociable, friendly, honest and trustworthy
- Those who are positive about diversity, able to be professional in approach, and offer a caring and understanding presence
- No previous experience is necessary and travel costs will be paid



Benefits of volunteering

- It's a chance to develop your skills, and most of all a genuine opportunity to make a difference
- You'll learn something new, and you'll gain friendship too!
- It's rewarding and fulfilling, giving a sense of purpose
- It's a meaningful way to connect with and help your community
- You'll be part of a friendly and supportive team at Share
- You'll have fun!

What people say

'This whole project can be so empowering and potentially life changing'

'I've found that I come home feeling really happy with a renewed appreciation for life.'

'It's easy and enjoyable, and makes a real, positive difference to people's lives.'

Sounds great! How do I get involved?

- Complete our short application form ([available as a download from our website](#))
- Once we've received your application we'll get in touch to arrange an informal interview. If you're successful, we'll invite you to a taster day and training, and complete a DBS check and references.
- We'll aim to match you with one of our members within 2 months from the date you apply

Any questions?

Contact Peri MacRae

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Share is a member of Befriending Networks, a charity providing support, training and guidance to hundreds of befriending projects across the UK.

