

Role Title	Befriending Volunteer
Centre where role is based	Various - Our centres are located in St Albans, Welwyn Garden City, Hertford, Stevenage. We also provide outreach services in North Herts.
Purpose	We are looking for Befrienders to meet weekly (on a one to one basis) with people who use our services who are experiencing mental health difficulties. Each match-up will last on average 12 weeks before moving to a new client. Meetings will take place in a mutually agreed public space (e.g. a café), during daytime office hours, Monday to Friday. 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"> • Support a service user for an hour a week to chat and be a listening ear • Considering wellbeing needs and putting these into practice • Assist the service users to access a support group or leisure pursuit • 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	Meet in the region of our centres in St. Albans, Welwyn Garden City, Hertford, or Stevenage
Support offered	Expenses paid up to a limit of £5 per day. Induction and training on the job, in addition to a mandatory training package. Supervision and line management. Access to free mindfulness sessions DBS clearance will be applied for, leading to free membership of the DBS Update Service.
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
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Volunteer Role Description 31 March 2022