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# Befriender for Carers

Reference code: VO13342

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Befriending aims to remove or lessen isolation that carers may experience as a result of their caring role. We welcome volunteer befrienders who ideally have an understanding of dementia and carer's needs, and are willing to spend time listening to, encouraging and supporting a carer. Befrienders support carers to become more engaged with the community, or simply have a break from caring for a little while. Some carers like to get out and about and attend activities of interest.

## About Eric Liddell Centre

The Eric Liddell Centre, situated at Holy Corner in Edinburgh, provides a registered day care service for people with a diagnosis of dementia and a programme for carers including a befriending service and short breaks through a range of courses and events held throughout the city. The Centre also offers excellent office accommodation for small charities or organisations and quality meeting facilities for a range of educational, health, arts & culture, charitable, community and children's groups in its conveniently located premises at the heart of the community.

## Experience Required

Empathy; listening skills; non-judgmental; appreciation of carers' needs; commitment; willingness to be flexible

## Training Details

Induction given Before the befriender meets their matched carer for the first time. Training and support also provided.

## Location/Travel Details

Eric Liddell Centre, 15 Morningside Road, Edinburgh EH10 4DP

## Expenses

Travel costs and refreshments; paid as claims are submitted

## Accessibility Details

- Named Contact For Volunteer
- Wheelchair Access/Disabled Access Toilet

## Work Type

Befriending / Mentoring

## Cause

Carers

## Flexibility & Commitment

School Holidays; Term Time

Minimum commitment of a year; up to two hours per week

## Available Times

	mon	tue	wed	thu	fri	sat	sun
am	●	●	●	●	●	●	●
pm	●	●	●	●	●	●	●
eve	●	●	●	●	●	●	●

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## Contact Details

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