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# Distance Befriending for Adults COVID-19

Reference code: VO15095

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Befrienders spend 1 hour per week supporting an adult in our Reconnect service. Our aim is to support people who are lonely and need some social interaction with weekly contact. The befriending can take place over the phone or video calling depending on the needs of the service user. PLEASE APPLY ONLINE FROM THE FOLLOWING LINK. <https://peopleknowhow.org/coronavirus-volunteering-opportunities/>

About People Know How (Edinburgh)

Our organisation's objectives are: 1. To improve the wellbeing of communities 2. To improve the health & wellbeing of disadvantaged individuals 3. To grow innovative programmes that drive sustained impact on the needs of communities

## Experience Required

Befrienders are normal everyday people from all walks of life, with real life experience and a passion for people. They are good listeners, are empathetic and can relate to adults from many backgrounds and experiences. Above all else, they are non-judgemental and respectful of confidentiality.

## Training Details

The volunteer will receive an induction to Outlook and Microsoft Team, they will receive full induction training to familiarise themselves with the charity and procedures They will receive role specific training where the role and safeguarding will be explained. The volunteer, intern or the student on placement will be given regular one-to-one guidance and support. During this support any relevant training that may be required will be identified and the volunteer will be offered suitable training to meet their needs.

## Location/Travel Details

Remote working

## Expenses

Expense forms, will be explained in induction.

## Accessibility Details

- Happy to have a conversation about volunteer's needs

Work Type

Homebased Volunteering

Cause

Elderly

Minimum Age

16 and under

Flexibility & Commitment

Home-Based Volunteering

1 hour per week

### Available Times

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

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### Contact Details

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