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# (COVID-19) Distance Befriender

Reference code: VO15150

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Befriending is a great way to learn new skills, gain confidence and help someone who is lonely or socially isolated due to a physical disability. We are looking for volunteers to get to know someone over the phone or video/voice app during and beyond the covid-19 pandemic. We welcome volunteers from all backgrounds, provide training and support and cover expenses. While you may get the chance to start in-person befriending with someone after some time, this is not guaranteed.

## About Ecas

Ecas is a voluntary organisation dedicated to giving friendly and practical help to physically disabled people. To achieve this Ecas does everything from running classes through to providing individual grants for holidays and equipment and supporting initiatives to bring greater freedom and independence to physically disabled people.

## Experience Required

Able to listen and communicate well with befriender, Ecas staff and members, including verbal and written communication Able to relate well with client group Reliable, punctual and professional Honest and respectful Able to have a non-judgemental, person-centred approach Able to maintain boundaries

## Training Details

All of our volunteers are provided with online induction training, including disability awareness, boundaries, confidentiality, and communication techniques. Ongoing support is provided by the project managers.

## Location/Travel Details

This is a home-based role. Volunteers should have a place in their home where they can communicate using audio/visual technology in private. If in-person befriending becomes a possibility for the volunteer, they could find themselves travelling to a client's home or home area, within Edinburgh. Ecas provides support for travel, including paying expenses.

## Expenses

Volunteer are asked to fill out a form and provide adequate proof of expenditure. Expenses will be paid into volunteers' bank accounts. Some one-off expenses require prior agreement.

## Accessibility Details

- Happy to have a conversation about volunteer's needs

## Work Type

Befriending / Mentoring

## Cause

Physical Disability

## Flexibility & Commitment

Short Term Volunteering (3 months or less);Home-Based Volunteering;School Holidays;Term Time;Flexible;Summer Holidays

2 hours per week, while the pandemic continues.

## Available Times

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

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## Contact Details

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