

**Volunteer Role Profile**

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| **Role Title** | 1:1 Buddy |
| **Role summary** | Our 1:1 Buddy volunteers are able to offer friendship and support and form a positive one to one relationship with adults who live alone or who have difficulty in leaving their homes to socialise. |
| **Suggested Commitment** | Volunteer hours are negotiable.  1:1 Buddy volunteers will be required to complete an online standard DBS check (Paid for by Age UK Bradford District)  Minimum suggested commitment of 6 months |
| **Supported by** | Hub Development Co-ordinator |
| **Main Tasks**   * Building a caring and sensitive relationship with the people we work with * Spending time with people we work with and engaging in activities that are mutually agreed upon * Being understanding rather than judgmental about a person’s situation or circumstances * Establishing and maintaining appropriate boundaries * Respecting difference cultural values in a non-discriminatory manner * Informing Age UK Bradford District staff of any concerns about the people you volunteer for. | |
| **Benefits of volunteering with Age UK Bradford District**   * The opportunity to build skills and experience * Excellent training opportunities * Excellent support as part of a friendly team | |
| **Induction, Learning & Development**  Volunteers will take part in a welcome session with a group of volunteers from across the charity.  They will then be supported to complete a number of e-learning courses and training on the job.  Volunteers will be able to access a range of other learning opportunities once they have been volunteering for a number of months. | |
| **Skills and competencies**   * Reliable * Ability to maintain and respect confidentiality * Ability to share skills, interests or activities * Understanding, patient and empathetic * Non-judgmental * Effective communication skills * Outgoing, personable and a good conversationalist * Ability to listen and ask appropriate questions * Willingness to follow Age UK Bradford District values, policies and procedures, including Health & Safety, Data Protection & Confidentiality, Equal Opportunities. * Polite and courteous at all times * Desire to support older people in the community * A basic understanding of older people and an appreciation of issues facing older people | |
| **Organisational Values**   * Responsive * Supportive * Caring * Respectful * People centred * Passionate | |
| **Expenses**  AGE UK Bradford District will pay for any out of pocket travel expenses associated with your volunteering (40 pence per mile and reasonable public transport costs i.e buses / trains) with tickets/receipts.  Volunteers who volunteer for over 5 hours on a day will be entitled to a lunch payment of £2. | |
| **Next Steps**  Email volunteering@ageukbd.org.uk or phone 01274 391190 for further details. | |