



## **VOLUNTEER ROLE DESCRIPTION**

**Title:** Befriender

**Hours:** Minimum of 1 hour per week

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### **Project Profile**

Companions Befriending Scheme is an organisation that aims to support people who experience difficulties with their mental health (who we refer to as clients). We do this by recruiting, training and supporting volunteers (who we refer to as befrienders).

Once trained, our befrienders are introduced to a client, with the purpose of them spending a few hours together each week to have a chat, go for coffee or some other social activity. People who have had problems with their mental health often say they can lose touch with friends and colleagues, as well as losing their confidence in social situations. Befrienders aim to help people build up their confidence again by providing a listening ear and encouraging the person to get out and about to rediscover old interests or find new ones.

### **Responsibilities and Duties**

1. To establish and build a befriending relationship
2. To establish and maintain appropriate boundaries within the befriending relationship
3. To spend time/share activities with the client
4. To be aware of, and work within, the organisational framework
5. To respect confidentiality within the framework of the Scheme
6. To notify the Co-ordinator and/or Manager of any issues/difficulties relating to the client

7. To undertake induction training and any other relevant training
8. To attend Volunteer Support Groups and one-to-one support sessions with the Co-ordinator/Manager
9. To complete the necessary administrative tasks (e.g. Expenses Claim Forms, Record of Companion Contact)
10. To work within a non-discriminatory framework
11. To offer an accepting and understanding presence to the client
12. To be consistent
13. To be accountable
14. To acknowledge positive qualities and skills



**Mental Health Aberdeen**

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