

## Health Buddy Volunteer Role Profile

**Title:** Health and Wellbeing Buddy

**Responsible to:** Carers Health & Wellbeing Officer

**Overall, Purpose:** To provide support to carers and their families in managing and preventing health conditions.

**Intended outcomes:**

- Reduction in social isolation
- Improved social skills.
- Improved self-esteem and confidence.
- Improved physical and mental health.
- Increased knowledge about where to go for help and support.
- Improved ability to self- manage long term health challenges.

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**Main Responsibilities:**

- Visit / contact client regularly, approx. 2 hours per week over a maximum 12-week period.
- Help Client to develop a simple support plan and work with client to achieve outcomes.
- Build a relationship and establish a rapport at their own pace.
- Establish and maintain appropriate boundaries.
- Work with the client to set achievable goals as desired outcomes.
- Encourage client to attend peer support activities both online and in the community.
- Accompany client on outings and provide moral support.
- Plan future activities with client.
- Record progress and take part in monitoring & evaluation.
- Maintain regular contact with Wellbeing Officer and communicate any concerns promptly.

## Skills and Knowledge

- Patient and sensitive.
- Excellent communication and interpersonal skills.
- Reliability, consistency, and dependability.
- Ability to deal with stressful situations.
- Knowledge of local social, leisure and educational facilities would be ideal, but not essential.
- Understanding of confidentiality and Data Protection

## Attitude and Personal Qualities

- Empathic and understanding.
- Non-judgemental.
- Warmth and ability to engage others.
- Understanding of and commitment to project policies & procedures.

## Training/Role Requirements (M=Mandatory before commencement, O=Optional – training can be undertaken whilst volunteering)

- Volunteer Induction(M)
- Health Buddy process and protocols (M)
- Mental health and/or disability awareness (M)
- IT Skills Updating/Training (O)
- Enhanced DBS check
- Two satisfactory References obtained.

## Time Commitment/Expectation

Befriending will be a time limited provision of a maximum 12 weeks per client, we require a minimum commitment 6 months from all volunteers.

## Expenses

Travel and activity expenses are paid in line with current policy, details of which are included in the Volunteer Handbook. This will be discussed and agreed before volunteering commences.

