

# Young People's Befriending Project

## Role and Task Description of a Volunteer Befriender

Volunteers with the YPB Project play a key role in supporting the young people who use our service. Volunteers are in a position of trust as they establish a one to one relationship with a young person.

In working with the young person the volunteer will provide a supportive relationship that enables the young person to build their sense of self worth, their confidence and skills. Through involvement in a wide range of activities, the volunteer may be in a position to support them to achieve their goals and move forward positively.

The role of a Befriender is a consciously undertaken responsibility by an individual, who has gone through a process of recruitment, selection and training. Their work is monitored, supported and supervised within the policy framework and guidelines of the organisation.

### Principal Tasks

The tasks undertaken by a volunteer will vary depending upon the needs of the individual they are supporting, but will at all times be governed by the policies and procedures operated by the service. The following list provides the range of tasks and the approach to be adopted by a volunteer:

- ☆ To develop and promote a positive relationship with the young person with whom the volunteer is matched
- ☆ To establish and maintain appropriate boundaries in the befriending relationship
- ☆ To agree with the young person the types of activities they wish to undertake, ensuring that these comply with the schemes safety requirements
- ☆ To provide input which acknowledges a persons' right to make decisions for themselves, which is non judgmental and supports the individual to achieve their goals
- ☆ To be consistent and dependable when working with a young person
- ☆ To recognise that the relationship with the young person may be challenging due to the needs and circumstances of the young person and being realistic about what can be achieved in your relationship with them
- ☆ To agree to abide by the confidentiality policy and the other policies and procedures of the scheme
- ☆ To work in conjunction with the staff of the Young People's Befriending Project to provide a quality service, by participating in support and supervision sessions with the Project Co-ordinator, referring concerns about the young person where appropriate and completing monitoring forms
- ☆ To offer an accepting and understanding presence and work within a non-discriminatory framework

## **Volunteer Befriender Person Specification**

Volunteers will come from all walks of life, with a range of experiences and skills to offer. There are no specific educational qualifications required and we aim to recruit people with potential as well as those with relevant experience or qualifications. We are looking for people who will embrace the principles and values that we promote when working with young people and see something of themselves in the following descriptions:

- ☆ Are able to form positive, supportive relationships with others
- ☆ Are able to communicate well with others, particularly young people and are a good listener
- ☆ Are able to reflect on their relationship with the young person
- ☆ Are comfortable working on their own, relying on their own initiative and common sense, but also know when to seek support
- ☆ Have some insight into the potential significance and importance of the relationship
- ☆ Are reliable, consistent, dependable
- ☆ Are able to put their own needs and views to one side to focus on the needs of the young person
- ☆ Can relate to the issues and challenges facing young people

## **Personal Values**

- ☆ An ability to accept people for who they are
- ☆ A respect for others as being of equal worth
- ☆ An ability not to impose ones own values and beliefs on others
- ☆ An ability to appreciate and value the differences between people
- ☆ An ability to understand others choices & lifestyles and their right to make their own decisions
- ☆ Working with hope – being realistic about what can be achieved without becoming cynical

## **Organisational Issues**

- ☆ Able to understand and work within the organisations boundaries and policies
- ☆ Able to work within the organisation's confidentiality policy
- ☆ Able to actively take part in support and supervision sessions
- ☆ Able to organise meetings with the young person and monitor whether these are successful
- ☆ Able to complete the record sheets for meetings with the young person
- ☆ Able to commit to a weekly or fortnightly meeting for a minimum period of 6 months

## **Commitment**

It is anticipated that commitment of two hours a fortnight, for a period of 6 months after having been successfully matched, would be required.

## **Review, support and supervision**

A review of each relationship will take place after 6 weeks to ensure the suitability of the match for **both** the Befriender and Befriendee. Ongoing support and supervision will be given by the Young People's Befriending Co-ordinator on a regular basis with dates and times to be mutually agreed.