

Volunteer Visitor

At 88 years old, Mildred has lived on her own for the last 12 years since her beloved husband, John, died. Our wonderful volunteer Farrah now visits on a regular basis. It's been a real lifeline and Mildred says, "Farrah and Independent Age have really changed my life and I sincerely mean that."



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| At a glance | A great opportunity to build a relationship through regularly visiting an older person near you! | |
| | Location | Local |
| | Flexibility | High |
| | Regularity | Weekly/ Fortnightly/ Monthly |
| | Time Commitment | One hour, ideally for a minimum of 12 months |
| | Age requirement | 18+ years |
| | DBS / PVG Clearance | Organised by Independent Age |
| | Training required | Online Safeguarding training, induction training and yearly refresher training |
| | IT skills required | Desirable email and internet access for reporting |

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| How this role makes a difference | Building a friendship relationship with an isolated older person can really help to improve their physical and mental wellbeing and their self esteem. |
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| What you'll be doing | <ul style="list-style-type: none"> Visiting an older person regularly to create an enjoyable and supportive relationship Listening, sharing your experiences and hearing about those of the older person you're getting to know (likely over a cup of tea) Treating what you see and hear as confidential and sensitive Keeping us up to date with how visits are going at regular support sessions and reporting anything of concern Keeping your skills and knowledge up to date by taking part in relevant training and attending one of our networking events each year Reading and following our policies and procedures - designed to keep you and the older people we support safe and happy. We've got guidance around safeguarding, lone working, confidentiality and role boundaries to help with this. We'll ask you to sign to say you understand them Representing the charity well to the wider public. |
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| What's on offer | <ul style="list-style-type: none"> An opportunity to volunteer in a charity that enhances older people's lives, and be part of a growing network of volunteers making a real difference A chance to meet and work with new people The opportunity to develop new skills and interests Full support and a range of relevant training The opportunity to access other volunteering opportunities A reference for future volunteering or employment, after 6 months Following our Expenses Policy, reimbursement of agreed expenses so we can make sure you're not out of pocket. |
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| What you can offer us | <ul style="list-style-type: none"> Enjoying meeting a diverse range of people and helping others An interest in older people and the issues of later life Reliability, consistency and dependability Good conversational and listening skills with a clear speaking voice - some of the older people we support have low level hearing loss Patience, empathy and a non-judgemental attitude The ability to work independently but also stay within the role's boundaries – recognising what should and shouldn't be done and when to seek advice or report concerns Other languages – we're very interested to hear from other language speakers as some of those we support don't speak English as their first language Your own transport in areas where there is no public transport and use of own mobile telephone whilst out on visits. |
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| Find out more! |  Email us: volunteer.recruitment@independentage.org |
| |  Phone us: 020 7605 4255 |