

Volunteer Mentor & Befriender/ "Buddy" for the SPLITZ Service Buddy Scheme

Job Description:

Providing emotional support to individuals who have experienced separation, divorce or domestic abuse. This includes:

- One-to-one meeting with service users, usually in their homes
- Listening to service users
- Talking through past experiences and helping to make sense of them
- Encouraging/supporting achievement of small, weekly goals to reduce feelings of isolation
- Promoting independence in service users
- Helping to develop feelings of well-being
- Empowering parents and enabling happy family lives

Skills and experience needed:

- Excellent listening skills
- First-rate interpersonal and communication skills
- Empathy with individuals who have experienced crisis
- Ability to develop realistic solutions
- Ability to encourage strengths and challenge weaknesses
- Being friendly and non-judgemental
- Being positive, patient and persistent
- Life experience such as divorce/separation, single parenting or domestic violence

Volunteers are expected to commit themselves to being available for around 4 hours a week. Due to the nature of the work, hours worked are flexible to be agreed with the Project Coordinator.

Volunteers may be asked to attend training events and meetings, which may be in the evening or at weekends.