

## **Dorset Mind**

### **Young People's Befriending Volunteer Role Description**

<b>Title:</b>	<b>Young People's Befriending Volunteer</b>
<b>Responsible to:</b>	<b>Young People's Befriending Facilitator</b>
<b>Time commitment requested:</b>	<b>2 hours per fortnight</b>
<b>Location:</b>	<b>Community based public space with any exceptions pre-agreed with Young People's Befriending Facilitator</b>
<b>DBS check:</b>	<b>Enhanced DBS check required for this role</b>

#### **Main Purpose**

To become part of a successful team of volunteers who befriend young people who are experiencing mental health problems with a view to:

- Creating a valued relationship
- Improving a young person's self-confidence and self-esteem
- Reducing social isolation by supporting a young person to access activities in the community

#### **Key Responsibilities**

- To establish and maintain appropriate boundaries within the befriending relationship
- To meet, spend time and share activities with the young person at an agreed place public place
- To make a regular, agreed commitment to the service - this is usually 2 hours per fortnight
- To agree with the young person a range of beneficial activities to reduce social isolation
- To complete the necessary administrative tasks, including providing feedback of each visit to the Young People's Befriending Facilitator by email
- To work with the Young People's Befriending Facilitator to ensure that the best and most suitable service is being offered to the young person
- To undertake Dorset Mind Induction, Mental Health Awareness and any other training
- To adhere to Dorset Mind policies and procedures
- To follow the Volunteer Code of Conduct
- To undertake fortnightly update emails
- To attend 6 monthly review meetings and complete WEBWMS/ Outcome Sphere Monitoring Forms at the match meeting and review throughout the match upon request
- To complete Case Study/ Feedback Questionnaires with the client upon request

#### **Training and Supervision Offered**

- Mental health awareness training – 1 day
- Dorset Mind induction – 1 day
- Regular support and supervision
- Travel expenses in line with the policy on volunteer expenses

## PERSON SPECIFICATION

<b>KNOWLEDGE</b>	
Familiar with the aims, objectives and values of Dorset Mind	Essential
Familiar with the behaviour associated with the most common mental health conditions	Desirable
Knowledge of key issues such as Safeguarding, particularly Child Safeguarding, and health and safety	Essential
Knowledge of local beneficial services and activities aimed at young people	Desirable
<b>SKILLS</b>	
A friendly supportive and empathic approach	Essential
Excellent active listening skills including sensitivity to non-verbal cues	Essential
A non-judgmental approach and the ability to work with clients who come from diverse backgrounds and are vulnerable or harder to reach	Essential
Understanding of and commitment to working with confidentiality and clear boundaries	Essential
Ability to summarise and record key activities, outcomes and monitoring reviews	Essential
<b>EXPERIENCE</b>	
Previously worked with people, particularly young people, with mental health issues	Desirable
Previously worked with young people, particularly in a mentoring or supportive role	Desirable
<b>DORSET MIND VALUES</b>	
Respect and dignity Improving lives Commitment to quality of care Working together for clients Compassion Everyone counts Reducing stigma Promoting recovery Reducing social isolation	Essential