



Compassionate Friend

Compassionate Hillingdon

Compassionate Hillingdon is a free service, offering community-led support for people who are at the end of their life, living with a serious, long-term health condition or for people who are feeling lonely and isolated. We aim to build stronger connected communities by introducing and connecting local people based on their shared likes, interests and experiences.

There are many people living in our community who struggle with loneliness and social isolation and could do with some extra support. By volunteering as a compassionate friend, you can really make a difference. Compassionate friends are a network of trained volunteers who are willing to offer their time, companionship and support to people living in their community who are coping with serious illness, loneliness or social isolation. You will be matched with people based on shared likes, interests, experiences and geography. You will be supported to develop your skills and confidence as well as receive ongoing support

Main purpose of the role:

To support lonely and isolated people in the local community by offering regular visits, companionship, emotional support and a listening ear.

Supporting them to do the things they like doing and to stay connected to their community, family and friends.

Commitment required:

We would like volunteers to commit to 1 – 2 hours weekly on a day agreed with the person you will be supporting. This could be over the telephone or a face-to-face visit to the person, either in their home or accompanying them to an activity in the community.

Anyone who is referred to the Compassionate Hillingdon project will be assessed and matched to a compassionate friend volunteer, depending on their interests and hobbies.

There is also some mandatory online training to complete which will ensure that you have the knowledge and feel competent to undertake the role. We also ask that you attend the practice development meetings, which we will be offering over the year.

<p><u>Reporting to:</u></p>	<p>Karen Bonnick. Compassionate Hillingdon Coordinator</p>
<p><u>Benefits for you:</u></p>	<ul style="list-style-type: none"> • Make a difference to people in the community who may be struggling to cope • Meet new people, and make new friends • Connect with and help others to connect with their local community • Learn new skills and have opportunities for further development • Be part of a wider network of Compassionate Friends • Join a growing social movement in your local community, empowering people to manage their lives
<p><u>Role responsibilities:</u></p>	<ul style="list-style-type: none"> • Empower people to manage their lives • Help people to connect with their community • Support people to access services that may assist them to manage their needs
<p><u>Skills required:</u></p>	<ul style="list-style-type: none"> • Some knowledge of IT • Good written and verbal communication • To preserve confidentiality of information acquired by virtue of the role
<p><u>Attributes required:</u></p>	<ul style="list-style-type: none"> • Willing to develop a new friendship • Good communicator including being an active listener • Have empathy for others and be non-judgmental • Respects diversity and others' opinions even if they do not agree • Wants to make a difference in their local community • Behave in a professional manner and ensure that the Compassionate Hillingdon service is positively represented to the public and other stakeholders
<p><u>Training and support given:</u></p>	<ul style="list-style-type: none"> • An induction, including mandatory training

	<ul style="list-style-type: none"> • Access to training opportunities covering various health and social care topics • Support to develop skills that can be used to forge a career in health and social care • Invitations to health and social care events in the borough of Hillingdon • Day-to-day support from the Compassionate Hillingdon Coordinator
<p><u>To apply for this role:</u></p>	<ul style="list-style-type: none"> • Visit www.h4all.org.uk and download or print an application form OR Email volunteerhub@h4all.org.uk to request an application form to be sent to you by email or post. • Email your completed form to volunteerhub@h4all.org.uk OR Post your completed form to H4ALL, Volunteer Development Team, Key House, Yiewsley, UB7 9BQ. • Call 07395 282825 to speak to a member of the volunteering team. <p>A H4ALL application form <u>MUST</u> be completed.</p>