



1-to-1 Refugee Befriending

in/close to UB3, UB5, UB7 postcodes

HostNation is a London-based introductory service connecting refugees and asylum seekers with the wider community on a 1-to-1 basis. By introducing refugees to welcoming residents with goodwill towards them, we give them a chance to build relationships on an equal basis. Befrienders act as “social hosts” and this friendship can tackle loneliness, help with integration and promote refugees’ self-confidence.

Main purpose of the role:

We are looking for 5 befrienders who offer their friendship and time to refugees and asylum seekers referred to HN, by providing basic emotional and practical support, helping them practise their English and introducing them to British culture and way of life.

Commitment required:

We ask for a commitment of weekly face to face meet-ups for an initial period of 3 months once matched. A convenient time and place is chosen by the befriender together with the refugee they are matched with. After the 3 months the volunteer is welcome to continue seeing the refugee in their own time.

We cannot guarantee that a volunteer will be matched straight away. Referrals come in from across London, and as we don't know in advance where the refugee lives, we always need a pool of unmatched befrienders. Geography is one of the matching criteria to make it easier for people to meet up.

Benefits for you:

92% of our befrienders find it a rewarding experience. Many say it has enriched their lives and they have found it a positive experience: they learn about different cultures and they often enjoy discovering London for the second time.

Main tasks or responsibilities:

- Be a friendly person who the refugee/asylum seeker can chat to and do things with: go for a walk in the park, visit a museum or food market etc.

- Help them practise their English
- Introduce the refugee to British culture
- Explore London together
- Encourage them to take part in free events
- Offer some basic practical support (e.g. explaining official correspondence and the practicalities of everyday life in the UK)

Experience required:

Previous experience with refugees and/or vulnerable people is welcome but not necessary. No specific qualifications are required. We expect our befrienders to be compassionate, empathetic and kind.

How will HostNation select a volunteer?

An induction call serves also as an informal interview when we screen volunteers and assess their suitability for the role. We ask about their interests and what they would enjoy doing with the person they're paired with. This helps us assess compatibility with a refugee.

We also look at age, gender - we never match a male befriender with a female refugee - and where they live. Currently we require volunteers in/close to UB3, UB5, UB7 postcodes.

Training and support given:

- Online and telephone support
- Induction: online Befrienders' Guide to read, followed by a 30-45 minute on-boarding Zoom call to discuss role
- 1.5 hour online interactive training before you can be matched
- When matched, a befriender is emailed some useful documents
- We will check in with you at the 1-month point by email, and at the end of the 3 months with a phone call
- Additional support is available throughout the initial 3 months from your 'matchmaker'

Important information:

You must be aged 18 years or older to apply for this role

A Disclosure and Barring Service check is not required for this role however, if you have one we ask you to upload it as part of the registration process

This role is exempt from the Rehabilitation Offenders Act

To apply for this role:



A H4ALL application form must be completed. Please note we require two references.

To obtain an application form:

- Visit www.h4all.org.uk and download or print an application form
- Email volunteerhub@h4all.org.uk to request an application form to be sent to you by email or post

Send your fully completed application form by:

- Email to volunteerhub@h4all.org.uk
OR
- Post to H4All, Volunteer Development Team, Key House, 106 High Street, Yiewsley, UB7 9BQ