**Befriending Volunteer**

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Withington Assist is a small, very friendly charity for older people based in the Withington Methodist church, it’s been running for the past 50 years! Our small staff team support around 45 volunteers to run a lunch club, coffee morning, film group, exercise classes, monthly talks, day trips, local park walks, mental wellbeing groups and digital help sessions. Volunteers also offer their time helping with befriending, gardening, giving lifts to appointments, wheelchair pushing, odd jobs and giving people confidence to keep living independently in their own homes.

**Reports to:**

Assist Coordinator / Trustee

**Role purpose:**

* Support the Assist Befriending programme
* Be in regular contact with one of Assist members, either by phone or in person
* With the help of Assist reduce the risk of social isolation and loneliness for an Assist member

**Opportunities:**

* Develop a meaning relationship with an older person
* Volunteer training opportunities
* Becoming part of the Assist family and connect with your local community
* To meet other volunteers and take part in social activities

**What we would love you to bring to the role:**

* An interest in getting to know an older person
* Interested in your local area
* Enjoy meeting and chatting with older people and other volunteers
* 6 months minimum involvement

Please email [amelia@withingtonassist.org.uk](mailto:amelia@withingtonassist.org.uk) / 0161 434 8162 for any further questions and to request an application form.