

## *Become a Telephone Befriender*

**Our aim is to ensure no one feels lonely and isolated.**

**Do you have...**

- A pleasant approachable personality?
- A helpful and caring manner?
- A sense of responsibility & understand of confidentiality?
- A passion for helping others?
- A friendly telephone manner?

We are seeking volunteers to help us deliver our Telephone Befriending Service, all expenses will be reimbursed and full training will be given. Please note this is not an advice/help line it is simply an opportunity for a friendly chat to help us prevent isolation.

### **What is expected of a Telephone Befriender?**

- Ability to offer a minimum of 2 hours a month.
- To be a friendly voice at the end of a phone.
- Organise and log all calls and time frames
- Have good independent judgement and integrity.

#### **Purpose of role:**

**To provide a friendly voice at the end of the telephone to help ease the burden of loneliness.**

***“Even if its only for a few minutes for a chat, I may be the only person that they actually speak to that day or week.” Quote from an existing Volunteer.***

