



Volunteer Role Description

T.E.D. Friend

Location: This role will be based in the East Lindsey area and will involve visiting an older person in their own home or a local venue such as a coffee shop or community centre.

Time Commitment: This is flexible to meet the needs of the volunteer, ideally 1-2 visits a week.

Responsible to: The local T.E.D. Area Coordinator.

Purpose: To provide friendship and support to those referred to the project to increase confidence and enable service users to take part in community activities.

What is T.E.D.: Talk, Eat, Drink (T.E.D.) in East Lindsey is a six year, Big Lottery Funded project which aims to bring people together, make community and social activities more accessible for those over 50, and decrease loneliness and isolation across East Lindsey. For the first two years we will be working across Louth, Mablethorpe, Alford, Skegness and their surrounding areas before extending further across the county.

What's involved: T.E.D. Friends support and befriend isolated older people who have been referred to T.E.D. Volunteers are matched with a referral based on their interests and experience, and are asked to meet with them regularly to develop a one-to-one relationship giving reassurance, information and practical help – for example, helping to discover, arrange and attend a social or community activity, providing a friendly ear for a chat or supporting an older person to arrange social connections within their home.

Volunteers will not be asked to meet any personal care needs.

Skills and experience: No formal qualifications are required for this role. We are looking for someone who:

- Is reliable and friendly.
- Has good communication skills and is a good listener.
- Has an understanding of confidentiality.
- Has an understanding of appropriate boundaries.
- Can represent T.E.D. in their local community in a positive way.

- Can abide by our confidentiality, equal opportunities and health and safety policy whilst volunteering with T.E.D.

Please note: an enhanced DBS check is required for this role. This will be organised by our Volunteer Co-ordinator.

Our commitment to you:

- We will involve volunteers in the T.E.D. project at all levels, making sure that the views and experiences of our volunteers help us shape the project.
- We will provide full training, with the opportunity for volunteers to complete further training and build their knowledge, as appropriate for their role.
- We will provide a full induction and ongoing support through our Volunteer Coordinator, and our three local Area Coordinators.
- We will provide references for future employment and volunteering opportunities, providing you have volunteered with us for at least three months.
- We will cover various expenses incurred through volunteering with us.
- We will update our volunteers regularly about how their role has made a difference.
- We will enable and encourage volunteers to meet and socialise regularly.

Volunteer benefits: This is a fantastic opportunity to meet new people, make new friends, get involved in community activities, develop your skills and interests and make a genuine difference to the lives of isolated older people. You will receive full training and on-going support from the T.E.D. team to enable you to carry out your role.

For more information or an informal chat about the role, please contact Rhiane Green on 01529 301970.