



Tower Hamlets Mental Health Community Project

Volunteering At BESIDE One-to-One Befriending

What is the purpose of this scheme?

The purpose of befriending under Peer Support Project is to provide one to one support for BESIDE members who are isolated. Befriending allows members to experience a supportive relationship within which it is possible to be themselves and be honest in a way that is not always possible with friends, family or professionals. The specific purpose of each relationship is different and will depend on the member, and may also change over time. There may be an emphasis on talking about difficulties, or there may be a more practical focus-for instance the member and volunteer planning and undertaking activities.

What is the role of the volunteer?

Volunteers listen to and reflect on their befriender's experiences. They encourage their befriended to think about things that might help and offer practical support around trying new things (for instance accompanying someone on a short outing if this is something that the member thinks will help them.)

It is important to mention what volunteers are NOT expected to do:

- The volunteer is **NOT** expected to run errands for their befriender (eg: they do not go to the shop or post office for them, pick up prescriptions etc.)
- The volunteer is **NOT** expected to undertake household tasks such as cleaning for their befriender.
- It is also important **NOT** to encourage your befriender to become dependant on you to carry out a particular task. For instance it is not the volunteers role to routinely accompany their befriender to the shops because they feel they cannot do it alone. (this sort of arrangement would be only for a agreed period of time, i.e.-2/3 weeks). The emphasis in the relationship should be on promoting independence for the member.

What are the boundaries on these relationships?

Volunteers on this scheme are asked to be aware of and act within BESIDE's volunteer guidelines, which outline the main boundaries on all volunteer activities at BESIDE.

Volunteers are asked only to visit their befriender at times and at places that their supervisor knows about and has agreed to.

Volunteers should not share their telephone or personal contact details with their befriender. They should not invite their befriender to their home or introduce them to friends or family members.

What is the commitment?

At least 3 months. Volunteers normally visit weekly, and in addition have supervision once a month.

When is it?

This will vary according to what suits you and the member you are matched with. Most befriending relationships take place during the day, when it is light.

Where is it?

Volunteers normally visit members at their homes, or at an agreed location in the community.

What are the Supervision arrangements?

Supervision is monthly at a time to suit you and your supervisor (nearly always during the day). The supervision is 1:1 and quarterly Peer Support Group Meetings.



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CONFIDENTIAL

Volunteer Application Form

Name
Address
Telephone Number
Mobile Number
Email Address:

1. Employment History (Please give details of relevant paid or voluntary work)

**2. Have you been CRB checked YES/NO.
If yes, please attach a copy of your most recent CRB report**

3. How do you wish to contribute to our organisation's work?

**4. How could voluntary work be of benefit to you?
e.g. its part of my training, I want to give something back to society, I want to use my skills in...**

5. Describe any skills or outside interests that could help you connect and chat with the people you will be helping?

6. A basic requirement of staff and volunteers at Beside is “empathy”. Please explain what you understand this to mean?

Are you willing to commit to working with us 2 hours a week for a minimum of 3 months?

YES/NO (circle the appropriate one)

Please list any languages you speak apart from English?

How did you hear about Beside?

Are you a volunteer, committee member or staff member of another mental health organisation (Please name)?

Are you a current user of mental health services?

Are you the carer for someone who currently uses mental health services?

Please give the names and addresses of two references who could talk about your character (non family members please):

1.

2.

Thank you for applying to become a volunteer at Beside. Please return this form to

**Volunteer Recruitment
Beside
60-61 Old Nichol Street
Bethnal Green, E2 7HP**