

Role Description: Befriending

Upbeat is a charity that exists to help refugees settle and rebuild their lives in the UK. We want to see strangers become neighbours. We are looking for enthusiastic, caring and compassionate individuals to join the Upbeat team.

It is a privilege to work with such inspiring people from around the world. Whilst it is a serious commitment, this is an extremely rewarding opportunity to come alongside refugees and asylum seekers as they navigate life in the UK.



Responsible to: Lauren Parton (Volunteer & Community Coordinator)

Location: Across Derby and Trinity Baptist Church, Green Ln, Derby, DE1 1RT.

Your Commitment

We require a 1-year commitment from all our volunteers. This is particularly important for this role as it involves developing a relationship with an individual or family. Times and days can be flexible, but a volunteer must commit to a minimum of 2-hours on a weekly basis. New volunteers must also be involved in volunteering at the Integration Hub, must complete a 6-session probation period and complete a DBS before starting befriending.

Responsibilities

- To visit new arrivals, welcoming them with a Welcome Box and the offer of support.
- To give ongoing support and provide a listening ear.
- To empower them in navigating life in the UK.
- To connect them with Upbeat Communities' activities and with local services.
- To keep records of visits, work in partnership with Upbeat Communities and communicate regularly with the Volunteer Coordinator.

Qualities Needed

Volunteers will need to be:

- Reliable, responsible and have good communication skills.
- Respectful of those from diverse cultures with different beliefs.
- A good listener and be able to provide emotional support.
- Able to cope with stressful situations.
- Able to connect with individuals, build community and signpost appropriately, rather than advise or counsel.
- Have basic ability to navigate IT.

Why Volunteer as a Befriender?

Arriving in a new country can be a daunting experience, especially if you have been through trauma and loss. Our befrienders reach out to people when they are most isolated. As a befriender, you will have the privilege of coming alongside some incredible people, helping them know they are welcome and inviting them into community, which is essential to every person to thrive.