

*“People living in Dundee are valued as an asset, their voices are heard and they are supported to enjoy full and positive lives in their own home or homely setting”*



# Community Companion Volunteer Guide

## A quick guide to becoming a Community Companion

- We ask that you commit to a small amount of time on a regular basis; this can be weekly fortnightly or on a monthly basis;
- You will be required to undergo training to assist in your volunteer role;
- You will be asked to complete a PVG check;
- Your befriending support for a person is strictly confidential;
- Expenses will be paid for if you travel to support a person although we will try to place people within their local areas to minimise any expense

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 **Community Companion Scheme**

Dundee Voluntary Action is a Registered Charity (No SC000487) and a Company Limited by Guarantee (No SC093088)

Dundee Third Sector Interface (TSI) is a partnership between Dundee Social Enterprise Network, Dundee Voluntary Action and Volunteer Dundee.



**DUNDEE**  
Third Sector Interface

**DVA** Dundee Voluntary Action  
Supporting • Developing • Connecting



## About Community Companions

The Community Companions Project gives adults within Dundee the opportunity to interact socially. This can be on a one-to-one basis with our volunteer befrienders or as a small group at one of our community cafes.

Community Companion volunteers befriend people in many ways for example, visiting them in their own home, accompanying them to a social activity, shopping trips or even a visit to a local café. Support can be given on a one to one basis or a small group setting.

The service provided by the Community Companions is flexible and we try to accommodate evenings and weekends when possible. We ask for an hour or two of your time on a regular basis.



## Who benefits from a Community Companion?

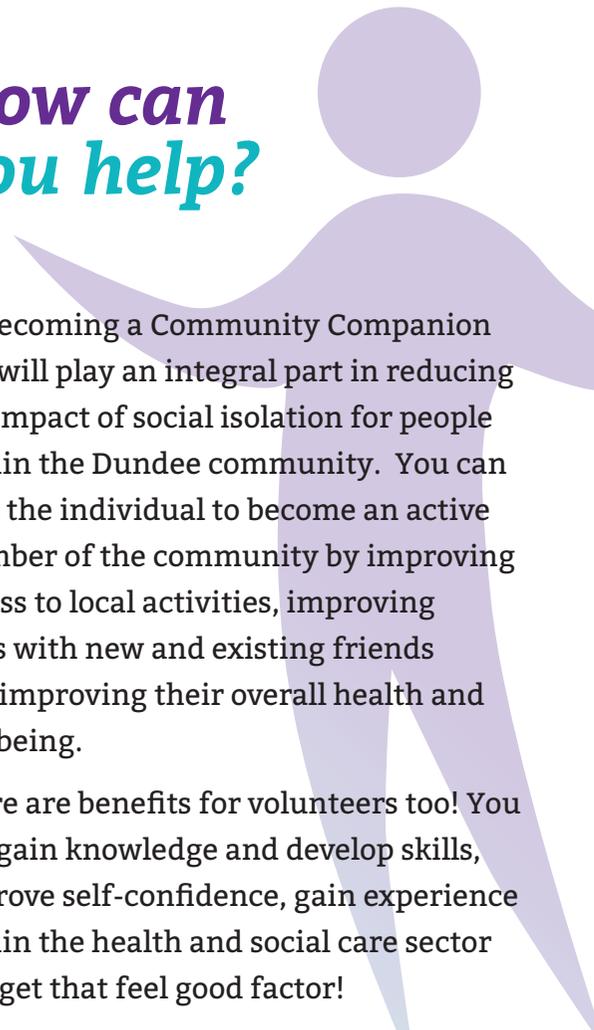
This project is aimed at adults within Dundee who are experiencing or have the potential to experience social isolation. Each individual is matched up to a Community Companion volunteer based on similar personality, hobbies, and general living experiences.

We also hold community cafes within care homes and sheltered complexes throughout Dundee. Each group is different as they choose what happens within each café.

Some groups get involved in an activity or a debate, others join in with some exercise and others merely enjoy the company of one another.



## How can you help?



By becoming a Community Companion you will play an integral part in reducing the impact of social isolation for people within the Dundee community. You can help the individual to become an active member of the community by improving access to local activities, improving links with new and existing friends and improving their overall health and wellbeing.

There are benefits for volunteers too! You can gain knowledge and develop skills, improve self-confidence, gain experience within the health and social care sector and get that feel good factor!



**Community Companions**  
Friendship matters