

Volunteer Befriender

Fife Women's Aid are looking for Volunteer Befrienders to join our team.

Our Befriending Service offers support to women across Fife who have experienced domestic abuse.

Our volunteer befrienders provide regular visits to women allowing the opportunity for interaction and a chance to talk. Volunteer befrienders usually meet weekly for 1-2 hours where they encourage and support women to get out of their home and do something together – like going for a walk, or a coffee or shopping. You may help her to find information and advice or maybe engage in a class in the local community.

The goals of the befriender service are to;

- Empower Women,
- Build Independence,
- Build Confidence
- Reduce Isolation and Loneliness

Full training and support will be offered throughout your time with FWA. You will have the option to attend volunteer meetings, training, and social events throughout the year.

Fife Women's Aid is a feminist organisation and strives to be a supportive and empowering employer offering competitive terms and conditions.

Membership of Protection of Vulnerable Groups (PVG) Scheme is a requirement for this post.

If you would like further information about the post, please contact Lisa McKenzie, Befriending Co-Ordinator on 07714 609 398 or volunteer@fifewomensaid.org.uk

Applicants must meet the person specification to be shortlisted.

Only women are eligible to apply for this post due to Genuine Occupational Requirement (Schedule 9; Equality Act 2010). Fife Women's Aid welcomes applications from women from all sectors of the community.

Lisa McKenzie
Befriending Coordinator
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Dear Applicant

Thank you for your interest in the role of Volunteer Befriender with Fife Women's Aid (FWA).

This document provides information on the Role Description & Person Specification.

Please ensure that you read the information in this document fully before completing your application. Please note, all applications and relevant recruitment documents will be held confidentially and destroyed after 6 months, apart from documents relating to the successful applicant. If you would rather, we did not store your details please inform us.

Our Privacy Statement is available on our website
<http://www.fifewomensaid.org.uk/privacy-notice/notice/>

We thank you for your interest in our work with women, who have experienced domestic abuse.

If you have any questions, feel free to contact me at volunteer@fifewomensaid.org.uk

I look forward to hearing from you.

Yours sincerely,

Lisa McKenzie

Lisa McKenzie
Befriending Coordinator

Role Description & Person Specification

Volunteer Befriender

Purpose and aims of the role.

Fife Women's Aid (FWA) aims to provide a holistic approach to supporting the women who use our service. To ensure their continued recovery we have recognised a need for their ongoing emotional and social support that can be provided by community members who have a desire to assist and support women. This part of the healing process is a vital element to their recovery and future and we are looking for people with the nature and qualities needed to provide this support.

Roles and responsibilities

- Provide 1 to 1 befriending support according to the needs of the service user for a few hours per week for a minimum commitment of 6 months
- Offer an accepting and understanding presence.
- Helping to build a woman's confidence and self-esteem through social interaction and encouraging her to take part in activities and social groups
- Establish and maintain appropriate boundaries within the befriending relationship.
- Liaise with, support, and assist Fife Women's Aid to ensure the best service is provided.
- Undertake core training as is required by Fife Women's Aid
- Attend regular support and supervision meetings with your Befriending Coordinator (BC)
- Participate in Volunteer Network activities where possible.
- Maintain regular contact with your BC including completion of necessary reporting documents, particularly expense and diary sheets.

Qualities and skills required

- A genuine interest in the well-being of women who have experienced domestic abuse.
- Non-judgmental, empathetic, and open approach to working with our service users.
- Friendliness, sensitivity, and approachability
- Self-awareness and an ability to reflect on your work and progress.
- A common-sense approach and ability to take your own initiative.
- Good communication, listening skills and a willingness to show flexibility.
- Ability to treat all information in a confidential manner.
- Able to work within guidelines without direct supervision.

What will you gain from the role?

- An insight into the lives of women who have survived domestic abuse and the knowledge that you have been a part of her journey to regaining her independence.
- Experience in the field of befriending and how one person can have an impact on someone's recovery and development.
- The chance to explore new interests and opportunities through working with FWA, other volunteers, service users and partner organisations
- Make new friends within your community and take part in events and activities in Fife
- Development of professional skills which can enhance your CV.

Training and support

- Comprehensive volunteer training is required prior to starting befriending in the community. Training takes place at our office in Glenrothes 3 times a year. It only requires a few hours, one evening a week, and is provided over a 3-week period.
 - *Unit 1 "Befriending & Boundaries"*
 - *Unit 2 "Domestic Abuse and Fife Women's Aid"*
 - *Unit 3 "Safety, Mental Health and Wellbeing"*
- Opportunities for personal and professional development in the voluntary sector
- Ongoing support and supervision

Terms and Conditions

- This is an unpaid volunteer role.
- Days and hours of work are flexible, but you must be available a few hours per week.
- Role is Fife wide, but we will do our best to match you locally.
- Travel expenses will be reimbursed, other expenses are subject to prior Befriending Coordinator approval.
- Final selection is subject to two satisfactory references and PVG check.
- You must be committed to equal opportunities and anti-discriminatory practice.
- Due to Health and Safety requirements, you must be at least **18 years of age** to undertake this volunteering role.

For more information or to express an interest please email the Befriending Coordinator on [**volunteer@fifewomensaid.org.uk**](mailto:volunteer@fifewomensaid.org.uk)