



Freephone Support Line for Children & Young People: 0808 801 0422

Freephone Support Line for Women: 0808 802 5555

Business Line: 01383 732289

Web: [www.fifewomensaid.org.uk](http://www.fifewomensaid.org.uk)

Email: [info@fifewomensaid.org.uk](mailto:info@fifewomensaid.org.uk)

## Volunteer Befriender

Fife Women's Aid are looking for Volunteer Befrienders to join our team. The Befriending Service offers support to women across Fife who have experienced domestic abuse.

Our volunteer befrienders meet regularly with visits to women provide an 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 befriending service are to;

- Empower women,
- Build independence,
- Build confidence
- Reduce isolation and loneliness

Training and support offered throughout your time with Fife Women's Aid. You will have the option to attend volunteer meetings, training and social events.

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 Sylwia Nadolny, Befriending Co-ordinator on 07714 609 360 or [volunteer@fifewomensaid.org.uk](mailto:volunteer@fifewomensaid.org.uk)

For further information about the role including the job description, person specification and to make an application, please visit [www.fifewomensaid.org.uk/get-involved/volunteer/](http://www.fifewomensaid.org.uk/get-involved/volunteer/).

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.**

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 prefer that we do 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](mailto:volunteer@fifewomensaid.org.uk)

I look forward to hearing from you.

Yours sincerely,



Sylwia Nadolny  
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 support women who have experienced domestic abuse. To support women who have left the abusive relationship, we provide befriending to support women to engage with their local community and build their confidence through social connections. We do this through supporting volunteers as befrienders.

### Roles and responsibilities

- Provide 1 to 1 befriending support for a few hours per week for a minimum commitment of 6 months
- Provide non-judgemental, reliable support and a listening ear as appropriate to role
- Help to build a woman's confidence and self-esteem through social interaction and encouragement to take part in activities and social groups
- Establish and maintain appropriate boundaries within the befriending relationship
- Work within Fife Women's Aid's trauma-informed approach
- Undertake core training as required by Fife Women's Aid
- Attend regular support and supervision meetings with your Befriending Coordinator
- Participate in training and other volunteer activities
- Work within Fife Women's Aid policies and procedures
- Maintain regular contact with your Befriending Coordinator including completion of necessary reporting documents, particularly expense and diary sheets

### Qualities and skills required

- An interest in supporting recovery from domestic abuse
- Non-judgemental, empathetic and trauma-informed approach to working with women
- Self-awareness and an ability to reflect on your work and progress
- Good communication skills
- Ability to maintain confidentiality
- Able to work within guidelines without direct supervision

## What will you gain from the role?

- An understanding of the impact of domestic abuse
- The opportunity to support women who have experienced domestic abuse
  
- Experience in befriending and the opportunity to be a role model
- Development of professional skills which can enhance your future opportunities

## Training and support

- Comprehensive volunteer training is required prior to taking on the befriending role
- References and interview take place after the initial training
- Ongoing training opportunities
- 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 interview, 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)