



**Integrated Neurological Services**

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## **VOLUNTEER BEFRIENDER**

The aim of the Befriending service is to provide friendship, emotional support, and relief from stress and isolation for our clients and their family carers.

The role of Befriender can range from 'sharing a cup of tea and a chat' to accompanying on an outing, e.g. to the cinema, a garden centre, place of interest, enabling the family carer to attend a dental appointment or have time to meet up with a friend, to a more complex contribution, depending on knowledge and skills.

All volunteers will be CRB checked before volunteering can begin and a minimum commitment of a year is required. The Befriender will be asked to complete a simple feedback form on a monthly basis.

### **About Integrated Neurological Services (INS)**

INS is a Registered Charity providing long-term support for people with neurological conditions (e.g. Parkinson's Disease, Multiple Sclerosis, Stroke) and their carers.

INS offers ongoing rehabilitation through therapy and education, together with practical self-help techniques and solutions which can help to maintain independence for as long as possible. This support can be provided in a small group or on a 1:1 basis and is offered for as long as needed.

We are based at 82 Hampton Road, Twickenham where we hold weekly therapy group sessions for each of the conditions mentioned above, family carer support groups, activities and individual sessions. We also provide home visits and regularly support staff working at other venues in Hounslow and Richmond boroughs.

### **Requirements**

No experience is necessary. A Befriender will need to be able to appreciate each person as an individual and to have an accepting attitude towards people whose values and lifestyle may differ from your own. They will need the ability to listen and to respect confidentiality.

Training, guidance and support are provided by the professional staff at INS, as well as opportunities to meet with other Befrienders to share experiences.

### **Commitment**

Part-time – hours to be agreed

The office is open Mon-Fri, 9-5pm.

Only over 18's need apply.