

Volunteer Befriender

Bramber Bakehouse is an award-winning charity, supporting women who have experienced abuse, exploitation or displacement with the confidence, knowledge and skills they need for a positive future.

We deliver a trauma-informed programme, using baking as a therapeutic tool, in a safe, nurturing, inclusive environment. This is complemented by wellbeing and life skills sessions to equip women with the tools they need to improve their mental health and wellbeing. Women learn alongside each other, build community, and grow in confidence.

Connections 121 Befriending is part of Bramber Bakehouse's Progression Programme, and offers participants continued support to improve health & wellbeing through social connection.

- Title:** Volunteer Befriender
- Commitment:** Approximately 1.5 hours per week (weekly befriending call + related admin & support)
Up to 12 sessions per befriending match
Calls may take place Monday – Thursday, between 9am to 4pm for up to 30 minutes
- Location:** Home-based & best suited for volunteers based in Sussex
- Reporting to:** Progression Programmes Lead

To apply for this role:

- Read the Role Description below
- Complete our short online volunteer application form at [vacancies](#)
- Complete our optional online equal opportunities monitoring form. The information on this form will be treated as confidential and used for statistical purposes only. The form will not be treated as part of your application.
- If you have any questions, please email recruitment@bramberbakehouse.co.uk.

If you have any questions about Connection 121 Befriending contact:

Dionne Widgerey, Progression Programmes Lead
07375 675269
befriending@bramberbakehouse.co.uk

Role Description

We are looking for kind, caring and committed volunteers to join our existing team, to provide weekly 121 distance befriending (via scheduled telephone and/ or google meet video calls) to their match. Befrienders provide a consistent relationship of trust and support, providing an opportunity for regular social connection.

Key Responsibilities

- Commit to weekly 30 minute telephone/ video calls with a matched befriender for 12 sessions
- Engage in friendly, non-judgemental conversation with the befriender
- Develop a boundaried relationship of trust and support with the befriender
- Submit a session form after each call ensuring any safeguarding concerns are raised
- Engage with the Programme Lead and 121 volunteer support provided
- Participate in built-in befriending mid-way & exit reviews
- Uphold Bramber Bakehouse's vision, culture and values and abide by the policies and procedures provided through volunteer training & support

Person Specification - Qualities, Skills & Experience Required

Essential

- Must be female aged 21+
- A warm, friendly & positive attitude
- An understanding, empathetic and non-judgemental approach
- A clear sense of personal & professional boundaries
- Able to build relationships and work positively with team members and other women
- Organised and reliable
- Good communication skills
- Good standard of English
- Good IT skills (i.e. accessing emails, video calls, session forms, virtual training & resources)
- Have a good support system in place for own needs

Desirable

- Experience working with women survivors of trauma
- Experience of working with ethnically and culturally diverse communities

Other Requirements

- Able to attend volunteer training, reviews and support meetings as required
- Access to a telephone, laptop/device and reliable internet connection
- Access to a confidential private space free from distractions to carry out befriending calls
- Willing to commit to volunteering for 12 months
- Provide details of a suitable reference
- Completed a basic DBS check (carried out by Bramber Bakehouse)

Training & Support

- Volunteers are required to attend an online induction training programme (3 sessions)
- Volunteers may be required to participate in additional training and support during the placement
- Ongoing volunteer support is provided by the Programme Lead via telephone, video and email
- Reimbursement of out of pocket expenses such as travel costs (with proof of receipt)
- invitation to attend annual Bramber Bakehouse Team & Community Events