



Volunteer Role: Telephone Support - Befriending Line

Organisations Name	MotherWell Cheshire CIO
Overview	Motherwell is a charitable organisation run by women, for women. Founded in 2015 by women passionate about supporting mums' mental health, we support women and mums across Cheshire to enjoy positive health and wellbeing.
Role Title	Volunteer Telephone Support - Befriending Line
Location of position	Working from home.
Purpose/ summary of role	To provide a listening ear to women in need of support during these challenging times.
Description of role.	Providing telephone support and sign posting to the women we are supporting. Providing a listening ear, a non judgmental conversation and showing support.
How your call helps?	Just knowing someone will contact you on a regular basis can make a genuine difference to your wellbeing. It can provide reassurance, comfort, companionship, emotional support and a

	<p>means of obtaining information about other avenues of support if required.</p> <p>We are looking for confident communicators who are good at listening. The befriending line is to listen and empathise but not to give advice.</p> <p>DBS is required.</p>
Skills/ Qualifications	<p>Outgoing, friendly and proactive character.</p> <p>Be comfortable volunteering within a group or by yourself.</p> <p>Good communication skills.</p> <p>Being able to use your own initiative but be able to ask for help when you need</p>
Commitment	<p>We require a minimum of 4 months commitment.</p> <p>4 hours a week.</p>
Training and Support	<p>Induction to organisation</p> <p>Safeguarding Training</p> <p>Regular updates on organisational activities</p> <p>Support, advice and guidance, from founders</p>
Reimbursement of expenses	<p>Out of pocket expenses will be reimbursed:</p> <ul style="list-style-type: none"> ● mileage costs @ 45p per mile up to a maximum. ● public transport up to a maximum of £25 per return trip
Application Procedure	<p>Application Form</p> <p>Informal Interview</p> <p>Reference</p>
Contact Information	<p>Nadine Walker</p> <p>HR Assistant</p> <p>hr@motherwellcheshirecio.com</p>