

RISE Project

Providing Services For Older People

Project Background For Volunteers

The RISE Project set up the **Rossinver Calling** friendly call service in 2009 and has been successfully delivering this service to older people in North Leitrim for 7 years. The Project aims to address social isolation for older people living in a rural environment. This service is supported by funding from the HSE.



In 2012, the RISE Project received funding from the European Union's INTERREG IVA Programme secured from the Co-operation and Working Together (CAWT) cross border partnership and the Western Health and Social Care Trust to deliver the **Fermanagh Calling** friendly call service in West Fermanagh, from its base at the New Ballagh Centre, Rossinver. The RISE Project has been successfully delivering this service for 4 years.



Supported by the Department of Social Protection under the Community Services Programme



The RISE Project set up a **Befriending Service** in 2011 which is a community based service offering informal one to one social support for older people who do not have regular visitors, or whose opportunities to get out and socialise are limited by lack of transport or reduced mobility. This service is supported by funding from the HSE.



We are now seeking suitably skilled individuals to become part of our dynamic team of volunteers to support the delivery of the befriending service.

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Volunteer Opportunity

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| Job Title | Volunteer Befriender (1-1) |
| Purpose | The position involves working as part of a team of staff and volunteers who provide a one to one befriending service to older people. Volunteer befrienders offer social contact to older people in their home and your involvement aims to help people to feel less isolated and feel part on an enjoyable relationship and remain connected to their community. |
| Location | The Project base is at the New Ballagh Centre, Rossinver, Co Leitrim, however your location will depend on where your befriender is located. |
| Supported by | RISE Co-ordinator, Volunteer Co-ordinator & Centre Manager |
| Skills Required | All Volunteers will receive training before commencing as a befriender. We are seeking volunteers with a friendly disposition, the ability to be empathic to the needs of older people and have strong communication skills. Any previous experience of working with Older People in a voluntary or paid capacity would be beneficial. All volunteers will undergo Garda Vetting and will also be asked to provide references. |
| Time Commitment | As a volunteer, you will need to commit to an agreed number of hours each week. Usually this will be a few hours on the same day and at the same time each week. Ideally you will be able to provide continuity over a minimum of six months. |
| Support and Training | All volunteers will attend a training session on befriending before commencing work with a befriender. Volunteers will also be offered any additional training as it arises. All volunteers are supported by the RISE co-ordinator and the Volunteer Co-ordinator and you will receive one-to-one and/or group based support. |
| Administration | Agreed out of pocket expenses will be reimbursed such as travel. Travel is paid at 0.50c per mile from Volunteer Befriender's base to befriender's home. |
| Benefits for Volunteers | This is a great opportunity to be a vital member of a team making a real difference to the health and well-being of older people in the community. The role provides great satisfaction, a chance to meet and connect with the older generation and gain valuable experience in the social care field. |