



## Volunteer Buddy role

The Cara Trust has been making life better for people with HIV since 1988. Our main focus is on supporting people as they grow into older age, particularly with key issues such as isolation, loneliness, poverty, home and housing.

### **Activities and Tasks of this role:**

- This role is all about providing friendly one-to-one support to isolated and lonely older people with HIV.
- This might include home visits, trips out and about together, or even escorting them to events that are part of our existing peer-social programme.

### **Skills we are looking for:**

- Empathy and friendly social skills
- Reliability and patience
- Trust-worthy and an understanding of confidentiality

### **Time Commitment:**

- Two – Four hours per week over at least one session – by agreement with your buddy match.
- Duration – at least 6 months please.

### **Expenses:**

- We reimburse reasonable travel and refreshment expenses against receipts. A copy of our policy will be provided as part of your induction.

### **Benefits for you:**

- Training opportunities (see below).
- Become part of a small, close knit charity that really makes a difference to our member's lives.
- Engagement with your wider community – plus we are a very diverse little organisation.
- Get extra experience for your CV (if that's what you're looking for)

### **Training & Support:**

- An introduction to HIV & Ageing plus induction to Cara.
- Basic First Aid training.
- Additional ad-hoc opportunities.
- Regular, appropriate management support and supervision.

### **Disclosure & Barring Scheme (DBS)**

- As this role will be working one-to-one with potentially vulnerable older people, you will need a DBS check. We will organise this for you. Please talk to us if you have concerns about this.