



Telephone Befriending Volunteer

Project: In Control

Supervised by: In Control Community Programme Manager

Where: Across England

When: Up to one hour per week for up to three months

Ataxia is an umbrella term for a group of neurological disorders that affect balance, coordination and speech. There are many different types of ataxia that affect people in different ways. Ataxia is a rare condition, with approximately 10,000 adults and 500 children living with a progressive form of ataxia.

Ataxia UK is the only leading national charity for people affected by any type of ataxia. We fund research into finding treatments and cures, and offer advice, information and support to people affected by the condition.

We have been awarded 3-year funding from the National Lottery Community Fund. As part of our “**InControl**” project, we aim to develop community projects that increase people’s emotional wellbeing and decrease feelings of social isolation of the ataxia Community.

With Covid-19 affecting everyone’s life across the UK, it is now more important than ever to reduce any feelings of isolation. We are launching a telephone befriending service, where trained and supported volunteers can give a call once a week to someone who is feeling lonely at home.

Tasks for this role will include:

- Provide encouragement and emotional support to help someone become less socially isolated
- Discuss topics on subjects that are of interest to your caller
- Carry out research to identify suitable online services/activities for the person to access during self-isolation
- Complete monthly online case notes on your experiences as a telephone befriender
- Report any concerns in relation to safeguarding and health and safety too.

We are looking for volunteers with:

- A willingness to learn
- Empathetic and caring attitude
- Can spare up to an hour a week for three-month period
- Good Interpersonal skills
- Committed and reliable.

What we can offer you:

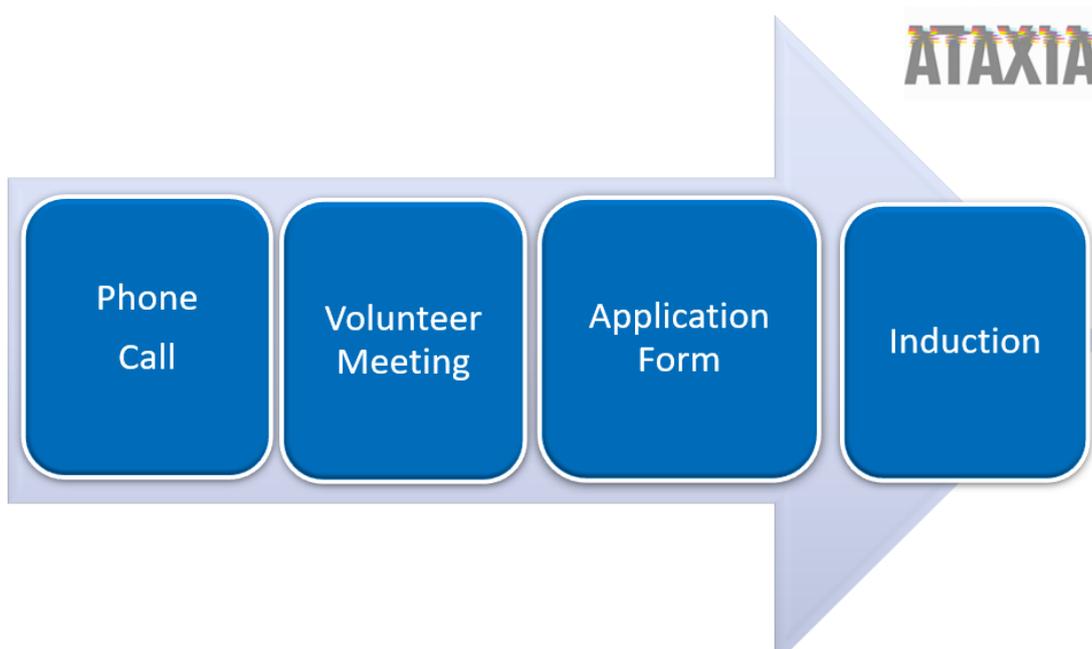
- Reimbursement for travel and refreshment expenses
- Induction learning
- Great addition to your CV
- Make a real difference for people living ataxia.

Your availability:

- We would like you to volunteer with us for at least three months, and be able to volunteer for at least one day per month.

Recruitment process:

We aim to run an inclusive volunteering programme. We welcome applications from people who have been affected by ataxia. Our process of recruitment is:

**Further queries:**

volunteering@ataxia.org.uk
0207 582 1444

Thank you for your interest in volunteering with Ataxia UK #InControl20