

## Bereavement to Achievement - Befriender Job Description

Shama Women's Centre, a registered charity was established by a group of local women in Highfields in Leicester in 1985 to empower local women, predominantly from black ethnic minority (BME) communities to become active economically, educationally and socially.

As part of its continued aim to support the most vulnerable women in Leicester it will be delivering a much needed bereavement counselling service for bereaved BME who have suffered the trauma of losing a loved one. This two year project will provide a holistic approach in supporting BME women who are suffering from the trauma of bereavement of a loved one taking them from 'Bereavement to Achievement'.

The project will provide specialist bereavement counselling to support bereaved BME women, it will also address the whole well being of bereaved BME women, through a range of activities including confidence building workshops; alternative therapies such as aromatherapy, reflexology, befriender support, access to a gym and sauna and on site crèche.

### What does the role involve?

The role of the **befriender** will enable bereaved women to overcome feelings of isolation and long term mental affects by supporting them back into the community.

Befriending is a highly responsible form of volunteering. Our Volunteer Co-ordinator will match you up with a suitable bereaved woman locally who needs your support and a listening ear.

Part of your role will be to build an ongoing one to one supportive relationship to help overcome the trauma of losing a loved one. This could include accompanying them to the shops, or to just meet up for a chat.

### You will be expected to:

- Build a sensitive and caring relationship with your befriender
- Be non judgemental about your befriender situation or their circumstances.
- Act as a listening ear, enabling the client to confide in you.
- Raise the aspiration, confidence and self esteem of your client and further encourage integration and sense of belonging into the community.
- Act as an advocate for the befriender in helping her access support from the range of activities offered in Bereavement to Achievement project, and empower her to help herself.
- Establish and maintain clear boundaries and ensuring any undue attachment is reported.
- Act as an ambassador to Shama Women's Centre by maintaining a respectful, responsible and professional attitude and ensuring you have an understanding and commitment to the objectives of the Bereavement to Achievement project.
- To observe and raise any issues or concerns about the health, safety and welfare of client with befriender service manager or volunteer co-ordinator
- Attend supervision, further training opportunities, development sessions, and regular support meetings.
- Observe and adhere to policies and procedures including respecting client confidentiality, health and safety and lone working arrangements at all times.

## **Administration requirements**

- ✓ Be prepared to complete a DBS police check
- ✓ Report any sickness, holidays or any other absences
- ✓ Commit to an agreed schedule of visiting your client

## **Person specification**

- ✓ Speak more than one language preferably Asian
- ✓ Able to listen and communicate well with client, co-ordinators and Shama staff
- ✓ Friendly and approachable
- ✓ Able to relate well with bereaved black minority ethnic women
- ✓ To be reliable and punctual
- ✓ Honest and respectful
- ✓ Can work on own initiative
- ✓ Can seek advice when needed
- ✓ Observe utmost confidentiality

## **How much time do I need to commit?**

At least one hour a week

## **What support will I be given?**

You will undergo an induction programme, be part of a wider team, undergo regular supervision and the staff will always be on hand to provide ongoing support, advice and guidance.

## **What benefits can I expect?**

- Specialist befriending training
- Overview of the bereavement process
- Opportunity to make new friends
- Satisfaction of knowing that you are helping a vulnerable women in your community
- Valuable experience of volunteering that you can add to your CV
- Certificate of appreciation recognising your contribution
- You can claim agreed out of pocket travel expenses