

# Tranquil times – Volunteer Visitor

## Mencap Visiting Service – Bognor Regis

### The Volunteer Role

You will spend time with a local woman with learning disabilities, visiting her 6 times a year.

She loves watching game shows on TV, especially Tipping Point. She is also a great fan of James Bond and Harry Potter. Together you can spend time watching a game show or movie or perhaps just talk about your shared passion for these.

She loves to have her nails painted and a gentle hand massage so if you feel comfortable doing so then that is also something you can do together.

Having quite complex needs, her new visitor will need to be someone who will have the patience to build a trusting relationship with her over time. She would prefer a calm visitor to spend time with her. Initially visits will be based at her home and you will be introduced and get to know her with the support of Mencap staff and her keyworker. We believe that having a Mencap visiting volunteer will make a huge difference.

**Two references will be required by all successful applicants.**

### When do I need to be available?

The times of the visits can be flexible to your availability.

You will make 6 visits per year, and we ask for a minimum commitment of 1 year.

### About this service

The Mencap visiting service (MVS) was launched in **1963** as a befriending service to adults with a learning disability after their parents pass away.

We currently support over 300 people of all ages across England and Wales.

MVS volunteers reduce social isolation, expand networks and build friendships.

Each volunteer is matched with someone to visit 6 times per year. All volunteers are supported by a Volunteer Services Coordinator.



## What skills do I need?

This role is great for anyone who would like to support someone with a learning disability and build a supportive relationship.

For this role we ask that all volunteers are:

- 18 or over
- Friendly and approachable
- Reliable and patient
- Able to use initiative
- Accepting of others who might be different to yourself, and
- Have good communication and listening skills

## What can I expect from Mencap?

- Personalised training and induction
- To feel fully supported in your role
- Agreed out-of-pocket expenses to be reimbursed (e.g. travel, a meal out with the person you visit)
- Meet new people
- Learn new skills
- Feel appreciated and valued
- You will be making a difference!

## What difference will I make?

**1.4 million people in the UK have a learning disability.**

Mencap is the leading voice of learning disability. Everything we do is about valuing and supporting people with a learning disability, and their families and carers.

**Volunteering with us is YOUR opportunity to help us achieve this, whilst having the chance to develop your skills, meet new people and join a passionate and dedicated team.**

## What happens next?

Once we have received your application, we will be in touch to see whether this role is a good match for your skills and experience and to discuss the role in more detail.

If you haven't heard from us after 2 weeks please email [volunteering@mencap.org.uk](mailto:volunteering@mencap.org.uk)

