

Take it easy, Volunteer Visitor Eastbourne

The Volunteer Role

You will be supporting a gentleman in the St Anthony's Hill area of Eastbourne who is in his 70s and is a big fan of all the main soaps on TV.

He is a chatty and gentle chap who likes to take it easy

He would love the company of someone to chat to and share a cuppa with. Once you get to know each other you might like to go out for a meal or a drink in the local area.

As a Mencap Visiting Service volunteer, you will be visiting a person with a learning disability in their local community to spend time with them doing the things they want to do. You will be reducing social isolation, helping them to form relationships and supporting them to enjoy activities.

In your role as a Mencap Volunteer Visitor, you will make 6 visits per year to your matched beneficiary. These visits are flexible. Each visit is unique to the individual being supported.

You will be introduced and get to know him with the support of Mencap staff.

2 references will be required by all successful applicants.

When do I need to be available?

Visits will be every 2 months and can be during the week or weekends. Visits will last around 30 mins – 1 hour.

We kindly 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?

1.5 million people in the UK have a learning disability.

We have an ambitious vision for the UK to be the best place in the world for people with a learning disability to live happy and healthy lives.

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

