

PSPA Volunteering

Role	PSPA Befriending Volunteer
Location	Throughout UK
Time commitment	2-3 hours every week or fortnight

Are you looking for a volunteering role that fits in around your family, studies or other commitments? By becoming a Befriending Volunteer and donating your time and skills, you can make a real difference to the lives of people affected by PSP & CBD.

Why we need you?

Living with a diagnosis of PSP or CBD is life changing and at times families may need support to help them through a time of crisis, when struggling with a new diagnosis or if isolated or alone. It can put a strain on relationships and people's mental health and having someone to talk to about their worries really can make a difference.

Why not be that person, by providing emotional support, information and signposting to the Helpline to access any necessary services.

What's involved?

- 1:1 home visits to individuals with PSP& CBD and their carers, who are experiencing a time of crisis, are newly diagnosed or feeling isolated. Befriending can also be carried out over Zoom or via the phone.
- Offer emotional support, company and a listening ear. Be a " Companion through the Journey".
- Explain the range of support and services that PSPA can offer.
- Help families access appropriate health and social care services by signposting to the Helpline.
- Keep accurate and relevant records in accordance with PSPA's guidelines
- Attend regular training and development events
- Volunteers visit people in their homes on a weekly to monthly basis, depending on the needs of the individual and volunteer availability.
- Support can last up to year, depending on circumstances.

What skills do I need?

- Empathetic and supportive
- Effective communicator and excellent listening skills
- Reliable
- Understanding of dealing with sensitive and confidential information
- Computer literate, basic admin skills and be able to travel within your local area.

Rewards of becoming a PSPA Befriending Volunteer

- An opportunity for self-development. Use existing skills and learn new ones.
- Make a difference to people living with PSP & CBD and their families.
- Travel expenses covered.

Training

We will send out a training booklet with comprehensive reading materials covering all aspects of the role. Once returned to us, we will review it and then arrange a final 1-2 hour Zoom training session.

Interested?

For more information or if you have any questions or queries regarding this role please contact the volunteering team on 01327 368597 or volunteering@pspassociation.org.uk

We would love to hear from you!

