



## **BAB Greater Fishponds Community Champions Project**

### **Role Description: Considerate friends**

#### **The Project:**

The Care Forum is part of the Bristol Ageing Better (BAB) partnership. Led by Age UK, the programme is £5.9million of Lottery funding for Bristol and is a partnership of 150 organisations working to reduce social isolation and loneliness among older people and help them live fulfilling lives.

The Greater Fishponds Community Champions is a three year project which will work to ensure the area is a vibrant place with a wide range of social and cultural activities and opportunities for people to get involved.

#### **What is the purpose of the role?**

To understand the diverse needs of people in your community, particularly those who are older and isolated.

To visit and meet with community facilities, services and groups, find out what they do and how they support those in your community.

To work individually or with other volunteers to report your observations and make suggestions to advise services on how to be age friendly.

#### **What will I be doing?**

As a Considerate friend you are asked to:

- Identify and get in contact with older people, those who are seldom heard and who may feel isolated.
- Link into and network with associations and groups in your local area
- Promote the BAB project and its role within your group/local community

- Find out what people in your community think about local facilities, services, activities, attending groups and the physical environment.
- Make assessments and recommendations of services, facilities, activities and venues on being age appropriate.
- Attend volunteer training and group support sessions as appropriate.

### **Personal qualities needed for the role**

- ✓ Active in your local area, with a good understanding of your local community
- ✓ Empathy and respect for others
- ✓ Committed to helping people have a voice
- ✓ Able to encourage people to speak up about their views and experiences
- ✓ Non-judgmental and respecting of others

### **How much time and when?**

The days and amount of time you give is flexible, but usually around four hours as a minimum. You can discuss and agree these with your project worker.

### **Why volunteer with The Care Forum and BAB?**

- meet new people
- use your knowledge and experience to make a difference for local people
- Gain new skills or experiences
- help local people and give something back
- learn new things via on-going training and development opportunities
- gain a sense of purpose and feel you are doing something worthwhile
- improve your self-esteem and feel good about yourself.

Contact Claire Littlejohn [clairelittlejohn@thecareforum.org.uk](mailto:clairelittlejohn@thecareforum.org.uk) or 0117 9589325