**Befriending with Move On**

**About Move On**

Move On is a mentoring, employability and support charity. We work with vulnerable people of all ages, particularly young people aged 14-25. Our mission is to help our service users take their next steps to lead an independent, fulfilling life.

The people we support are vulnerable for many reasons. These include poor mental health, substance misuse, care experience, homelessness, and debt. Many have experienced trauma, neglect and abuse, gaining few qualifications and skills due to lack of opportunity. They are often suffering from low levels of confidence and motivation as a result.

We’re committed to providing opportunities. By doing so, we offer people an equal chance to reach their full potential, and find their path.

Move On works with LinkLiving, a trauma-informed Scottish health and wellbeing charity, to provide a befriending programme to young people in Edinburgh. Befriending volunteers provide invaluable support to young people aged 16-25 who are making the transition from housing support to fully independent living and managing their own tenancy. Befrienders provide emotional and social support in a variety of ways, establishing links with their local community and meeting individualised goals.

**Role Description for Befrienders**

Volunteer befrienders will be matched with a young person with similar interests and will be supported by Move On throughout the programme. Volunteers are asked to meet with the young people for up to six months. Befrienders are asked to:

* Meet with the befriendee weekly
* Take part in mutually agreed activities with the befriendee
* Be open to take part in activities the young person may wish to pursue and to introduce ideas for new activities when appropriate
* Be reliable in attending appointments and to make appropriate contact if circumstances change
* Respect the confidentiality of the young person and ensure that information given in confidence whilst befriending is retained within appropriate channels within Move On
* Adhere to all Move On policies and procedures, including health and safety and safeguarding
* Agree to an enhanced PVG check from police

Befrienders should have:

* Good communication skills including the ability to listen
* The ability to remain open minded and be non-judgemental and be tolerant of potentially chaotic lifestyles.
* Awareness of own limitations and the need for personal boundaries
* The ability to work in isolation and to act on own initiative
* Willingness to participate in the support system in place at Move On
* Willingness to participate in training and abide by Move On policies

**Support for Befrienders from Move On**

The Befriending Development Worker will support the volunteer befriender throughout the programme. The befriender will be provided with:

* Six hours Befriending Training, delivered across two training sessions
* Ongoing support and supervision
* PVG
* Reasonable expenses
* Individual and tailored support
* Regular updates regarding events and training put on by Move On

**Why Should You Volunteer?**

Volunteering as a Befriender with Move On provides vital support for young people in the community. Volunteers will work alongside Move On to access training and individual support throughout the programme. Befrienders will have the opportunity to learn and develop new skills while gaining a better understanding of homelessness. Volunteers will contribute to the community and can be provided with work references.

**How to Apply**

Complete the application form and return it to Move On.

Please be aware that volunteers are asked to meet with a young person for up to six months. This time does not include volunteer recruitment, training and PVG checking, which can take up to three months before a match is made. As such, we ask that you only complete the application form if you are available to volunteer for the next nine months.

If you would like further information, please contact the Befriending Development Worker using the details below:

**Louise Stroobant**

Befriending Development Worker

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**Move On**

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