

## Meet Me Befrienders

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Meet Me Befrienders is an extension of Entelechy Arts Meet Me programme of activity for isolated older people. Meet Me Befrienders will take part in group befriending activity and support isolated older people to be more connected to their community.

Meet Me Befrienders work with older people coming to terms with changes in their life (such as changes in: health; mobility; cognition and social relationships). Having regular meet-ups scheduled in the week can really help support someone coming to terms with such changes and to help support people to live a more fulfilled life.

Meet Me Befrienders will take part in group activities organised through Meet Me including; singing a long sessions; movement work and movie meet ups. During the sessions befrienders play a vital role in helping to support older people in the group engage with group work and help to unravel the interests; ideas; histories and connections held within the group.

*"I feel 10 times better after I've come to the group; it just lift your spirits"*

*"It give me energy and a spark"*

*"I like it, it make me feel like I can still do things"*

### Requirements

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We are looking for passionate and friendly individuals who enjoy the arts. You don't need any prior experience of working with older people just an openness and willingness to learn.

### Volunteer tasks and responsibilities

- Taking part in activities.
- Getting to know the people in the group.
- Listening to the needs of the room.
- Supporting the creation of a safe; open and non-judgemental spaces.
- Help support the inclusion of older people taking part in these groups.
- Helping to guide the sessions in line with members interests and ideas.
- Supporting the engagement and inclusion of all.
- Using learning from training sessions when volunteering.

For more information please contact Sarah Jarman, Entelechy Arts volunteer coordinator.  
Email: [sarah.jarman@entelechyarts.org](mailto:sarah.jarman@entelechyarts.org) / Phone: **0208 694 9007** Address: Entelechy Arts, the Albany, Douglas Way, SE8 4AG

### Time commitment

- 2 hours every other week
- Training on Wednesday the 12<sup>th</sup> of September (3pm-6pm)
- There will also be extra training provided for people who want to learn more about working People living with Dementia.

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**This role requires an enhanced DBS that Entelechy Arts or Attend can process on your behalf.**

### Volunteer Benefits

- Introduction to the wider Entelechy program of artistic activity.
- Support from the volunteer coordinator and regular check –ins.
- A monthly group check in (curiously Informal) bringing together volunteers and individual working across the Entelechy
- Access to local training opportunities
- Specialist training provided by Entelechy Arts

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### We need volunteers who are free at these times and locations:

Leander Court, Ship Street, Deptford, London, SE8 4DH (every other Friday 11am-1pm)

110-208 Kender Street, Kender Estate, New Cross, London, SE14 5JQ. (Every other Wednesday 3pm-5pm)

The Albany café, Douglas Way, London SE8 4AG (Every other Monday, 3pm-5pm)

We are looking for volunteers with the following personal qualities, attitudes, skills and experience and knowledge:

- Open
- caring nature
- compassionate
- non-judgemental
- respectful
- good listening skills
- reliable
- good communication skills
- able to maintain confidentiality and boundaries

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Please feel free to contact us for more information: [sarah.jarman@entelechyarts.org/](mailto:sarah.jarman@entelechyarts.org/)

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