



## ROLE DESCRIPTION

# VOLUNTEER DRIVER

**Do you have your own car and two to three hours per month to spare?**

This role provides the opportunity to become part of the dynamic team at the No.1 Be-friending Agency and make a significant contribution to reducing loneliness and isolation. Our Volunteer Drivers provide an invaluable service bringing lonely and isolated older people to our monthly events.

As a Volunteer Driver you provide transport for an older person, typically over the age of 65, to and from our monthly Cup of Friendship events in Glasgow. The role involves collecting the older person from their home and taking them to our monthly get together, usually somewhere local to them, and then taking them home afterwards. This is an important service which allows older people living alone to access companionship.

However, as a Volunteer Driver you will not only help transform the life of the person you will assist. Research indicates that volunteering in general, and befriending in particular **transforms the lives of those who assist as well**. Volunteers live longer, happier lives, as a number of physical and psychological health indicators are significantly better in volunteers than non-volunteers. Furthermore, volunteering provides experience and builds skills which are valuable to employers: a recent survey shows that **volunteers are on average 27% more likely to find employment than non-volunteers**.

With the No.1 Be-friending Agency you will join a team of extraordinary people, who are really committed to providing the best possible support to all users of our services. **You will therefore benefit from training and on-going skills development, as well as friendly, professional support by our Volunteer Coordinators.**

As a Volunteer befriender, we will expect you to commit to a **minimum of two hours monthly (one hour to collect the older person from home and transport them to the event, and another hour to collect them at the end of the event and return them home)** for a period of at least **8 weeks**, ideally longer.

You can claim back any out-of-pocket travel expenses. This remains a volunteer position, however, and you are not bound by “contractual” obligations – if your personal circumstances will change, **you will be able to stop at any time.**