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| Sense Logo with tagline |

Virtual Buddy Volunteer

**Location:** Remote, online or by telephone

**Responsible to:** Virtual Buddying Coordinator

**Time commitment:** 60 minutes per week, with a commitment to volunteer for at least 6 months

# About Volunteering at Sense

For everyone living with complex disabilities. For everyone who is deafblind. Sense is here to help people communicate and experience the world. We believe that no one, no matter how complex their disabilities, should be isolated, left out, or unable to fulfil their potential. Our experts offer support that’s tailored to the individual needs of each person, whether that’s at our centres, through our holidays and short breaks, or in people’s own homes. In addition to practical support, we also provide information to families, and campaign for the rights of people with complex disabilities to take part in life.

Volunteers add real value to Sense, bringing their passion, enthusiasm and fresh perspectives to the work that we do. We believe that volunteers enable us to bring people together and provide opportunities for people with complex disabilities to communicate and experience the world.

## About the Sense Virtual Buddying team

Sense matches volunteers with disabled people to meet each week on Zoom, over the phone or to write letters, emails or texts. These matches aim to reduce loneliness and increase wellbeing, giving the people we support opportunities to meet new people, try new things and have fun! Volunteering as part of this programme will bring you together with an individual with shared interests, communication methods and who are a match for your skills and experiences. You and your buddy can try learning new activities such as art, music or cooking. What you try is up to you. We’ll support you by providing resources and guidance.

## Key duties

* Contact your buddy or their family/carers to organise a weekly session, including setting times and arranging how you will contact each other.
* Plan and carrying out weekly sessions - what this looks like will be tailored specifically to the individual e.g. chatting, playing games, taking part in arts and crafts, cooking, listening to music etc.
* We will provide you with ideas and support to help you plan activities and interactions with your buddy.
* Stay in touch with Sense to feedback how your match is going.

# Skills & qualities

* Enthusiastic and motivated with a positive attitude.
* Flexible, proactive, reliable and trustworthy.
* A team player who is good with people and enjoys interacting with people.
* Willing to develop the knowledge and skills to get to know and support people who are deafblind, have sensory impairments or complex needs effectively.
* Respectful of others and their diversity.
* Interested making a difference to people who have complex disabilities and are deafblind.

# What Sense offers

* A full induction with ongoing support and guidance from the Sense volunteering team.
* The opportunity to develop new skills and knowledge with access to bespoke training for the role.
* The chance to meet people from a wide range of backgrounds and join a passionate volunteering team.
* The chance to be involved in a wide range of exciting activities and events.
* The opportunity to make an invaluable contribution to Sense and the people we support.
* Reimbursement of out-of-pocket expenses (agreed in advance).
* A reference for other paid or voluntary work (available on request).

# Our values

Everything we do is underpinned by five core values. These values shape the way we work as we pursue our vision of a world where no one, no matter how complex their disabilities, is isolated, left out, or unable to fulfil their potential.

* We include
* We collaborate
* We find a way
* We challenge
* We celebrate

**May 2023**