

# Local Volunteering Opportunity

## Befriender/Home Visitor

Do you have a couple of hours free once a fortnight to become a home visitor/befriender for a visually impaired person in your area?

This small time commitment can make a huge difference to a visually impaired person's life. People with sight impairment may become isolated or lose confidence and this role could help them to regain and retain their independence and well-being.

### Volunteers can help with:

- Fortnightly home visits to offer companionship and a chat.
- Assistance with reading mail, newspapers or correspondence.
- Accompanying people on short walks, visits to the GP or hospital.
- Occasional shopping trips.
- Assistance in labelling food and household items to increase safety.

\* Please note that this is not a domestic or personal care role \*

### Are you?

- ✓ Enthusiastic, compassionate and patient
- ✓ Willing to understand about visual impairment
- ✓ Able to make a commitment on a regular basis

If so, please contact us to have a chat about this rewarding opportunity. We offer ongoing support and specialist training, all mileage and telephone calls reimbursed and we will complete a DBS.

### **Contact:**

**Rachel Cave Volunteer Co-ordinator**

Email: [rachel@nab.org.uk](mailto:rachel@nab.org.uk) Mobile: **07889 411274** or Head Office: **01604 719193**

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**For more information or  
support call our Helpline:  
01604 719193**