



BEFRIENDER APPLICATION PACK

WELCOME

Thank you for registering an interest in joining Replenish UK as a befriender. We are a registered charity set up to offer pastoral care and support to adults over the age of 18 suffering from mental health problems and addictions who live in the community.

We hope that this information will answer some of your questions and encourage you to apply to join the team.

ABOUT REPLENISH UK

Replenish UK was set up in September 2016 by founder Rebecca Johnson who having worked in mental health for eight years recognised the desperate need of those suffering from mental health problems and the potential within the Christian faith communities to meet those needs.

In 2014 she set up pastoral care within her field of work and in 2016 decided to expand this into the community and 'Replenish UK' was founded. Rebecca believes that faith communities can contribute to improved mental wellbeing by offering an important source of friendship, belonging and support that both helps prevent mental distress and assists people with mental health problems to cope and recover. Religion or spirituality can act as a part of the holistic healing process that gives calmness and peace that is so vital to recovery.

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Replenish UK 2016 Charity Number 1169432

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THE VISION FOR REPLENISH

Our vision is to be able to offer one to one pastoral care and befriending for those with mental health problems living in the community in the Chelmsford and neighbouring districts.

This will be done through our own team of volunteers and also through networking with local faith organisations to provide the best support and care. Pastoral care and befriending are a means of reducing the isolation that so often accompanies the experience of mental illness. By building up and maintaining a close relationship, social skills and confidence can be rediscovered and nurtured.

BEFRIENDERS

Volunteer befrienders regularly visit a person who is experiencing mental health problems to have a chat, go for a walk, share activities of common interest and anything which makes life more enjoyable. Befrienders are caring, committed people with an open mind, willing to give of themselves in friendship and caring support. No experience or knowledge in the mental health field is required and volunteers are given free training, supervision and support. If a volunteer has had previous mental health problems, then as long as they are in a period of stability, their experience is valuable.

We have an equal opportunities policy and welcome adults of all ages, backgrounds, races and cultures. As an organisation seeking to deliver services within a Christian context we would ask that you have an affinity with the principles of the Christian faith. Please see our equal opportunities policy for more details.

References are taken up for potential befrienders, who must also undergo a satisfactory Advanced Disclosure and Barring service check, which is a routine procedure essential for those befriending or working with vulnerable adults. Befrienders will be given full support, supervision and ongoing training.

WHAT HAPPENS NEXT THE RECRUITMENT PROCESS

It is vital that people feel confident with Replenish UK. They need to know that all our volunteers are trustworthy and capable which is why we need to undertake the following:

1. **Application form** All volunteers are asked to complete a brief application form.
2. **References** We require two character references. We cannot accept a reference from relatives; however a friend, manager, church leader or work colleague will be acceptable providing that they have known you for a minimum of three years.
3. **Informal interview** An opportunity for you to find out about the role. We also use this time to gain an understanding of your background, interests, skills and motivation for becoming a volunteer.
4. **Disclosure and barring service check (DBS)** We need you to complete an Advanced DBS form and allow us to copy three forms of identification. After a few weeks you will receive your disclosure certificate through the post. It is vital that you provide us with a copy of the form as we do not get sent a duplicate.
5. **Induction training.** We require all volunteers to attend training which will be discussed at your interview.

Once all the above steps have been completed we will be in a position to link you with the work of Replenish UK.

Replenish UK are committed to supporting their volunteers and will offer on-going training and supervision.

MORE INFORMATION

If you would like more information about Replenish UK or if you have any questions as to whether volunteering is for you, please do contact Rebecca Johnson on 07534414146 or email info@replenishuk.com.

Replenish operates a safeguarding policy including safer recruitment. The successful candidate will be required to undertake an Advanced DBS check.