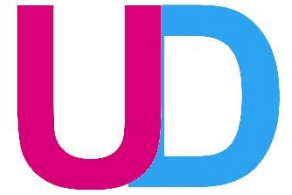


Ups and Downs Southwest

Person Specification

Volunteer Befriender



A volunteer befriender for Ups and Downs Southwest should:

- Be a parent of or carer for a child who has Down Syndrome (other conditions will be considered)
- Be prepared to undertake the initial foundation training course
- Understand why families may need support from Ups and Downs Southwest
- Have specific Down Syndrome knowledge and experience
- Or specific and relatable knowledge and experience to Down Syndrome
- Have general knowledge and understanding of all child development or a willingness to undertake training
- Have a positive, non-judgmental attitude to working with people of any gender, family status, sexual identity, from any ethnic origin, culture or religion and all disabilities
- Demonstrate a sensitive and caring attitude towards others
- Have time and enthusiasm for Ups and Downs Southwest, be reliable and understand the importance of reliability to a family
- Have good communication skills and an ability to listen
- Have a warm and open personality and a sense of humour
- Be able to work as a member of a team
- Be prepared to keep records as required by the service
- Be prepared to attend group support meetings and ongoing training as required by the service
- Be open to receiving support and supervision from an allocated family support worker
- Be emotionally resilient and self-aware
- Be in the right place in own lives to support others
- Know when to ask for help and take a break