

## **ACE Volunteer Befriender Training**

### **Ace is looking for Volunteer Befrienders aged 18 to 25 in the Lancaster and Morecambe Area .**

To offer support to young people aged 16 to 25 who are experiencing difficulties managing their emotional wellbeing

### **Training**

Our training will be via zoom starting in November on Tuesday and Thursday evenings for 2 hours for 4 weeks with some light homework.

### **What skills do I need?**

A friendly disposition

Good communication skills

To be an effective listener

Be respectful, have a sensitive manner and non-judgemental approach

### **ACE will support you by**

Ensuring that volunteers are matched to roles that fit their skills and experience

Providing you with relevant training before you start your volunteering role

Providing guidance and support whilst volunteering

### **What you will gain from this opportunity**

Experience and skills valuable to employers and training/education providers

The opportunity to impact positively on a young person, their outlook and development

A chance to try new activities or revisit ones you haven't done for years

Training (around 16 hours) as part of the recruitment and selection process.

Agreed Expense can be claimed

Have fun, meet new people and get a sense of achievement

For more information please contact our team on

[Befriend@a-c-e.org.uk](mailto:Befriend@a-c-e.org.uk) 07470752114