

Volunteer Uttlesford

<https://volunteeruttlesford.org.uk/opportunity/mind-parent-to-parent-buddy/>

Provide a lonely parent with companionship

Description

A mental health charity is looking for 'parent buddies' who can provide companionship to parents experiencing loneliness, social isolation or in need of extra emotional support.

A parent buddy can give one-to-one support to a parent, or host a group that meets outside or online.

The support can be given at the same time each week or be flexible to suit both parties. It normally requires 30 – 60 minutes a week but this is also flexible. Support can be over the phone, video call, email or face to face.

You must be a good listener, non-judgemental and easy to talk to.

Date posted

14/09/2021

By clicking the Enquire button and submitting your contact information, you consent to Volunteer Uttlesford passing your details to the organisation seeking support, who will then be in touch to progress your enquiry.