

# Volunteer Roles



## Volunteer Travel Buddy

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### About Mencap Liverpool

Mencap Liverpool is a small, local charity supporting people with a learning disability, their families, friends and carers in Liverpool. We are affiliated to the national charity Mencap, but are a separately run organisation; we are completely self-governed and have to raise all our own money.

**Volunteers are essential to the targets on our strategic plan. Many of our values and beliefs can only be upheld through volunteering, both in our office and out in the community.**

### Volunteer Travel Buddy Role

Many people with a learning disability face barriers to using public transport, meaning that they are unable to travel on their own. With the right support, we know that many people with a learning disability can learn to travel independently, which in turn helps to increase their independence and allows them the opportunity to access their local communities freely.

Mencap Liverpool is running a series of workshops for individuals with a learning disability to help them build confidence for travelling independently. As a volunteer travel buddy, you would:

- Attend weekly travel workshops and support participants in the group
- Attend training sessions to enable you to become skilled at supporting people to travel

After the workshops, you may be asked to link up with a participant from the group to be their 'travel buddy'. This would involve:

- Travelling on trains and buses your buddy
- Helping your buddy to plan journeys
- Helping your buddy to learn routes by travelling with them a number of times
- Encouraging independence and supporting your buddy to take the lead when you are travelling
- Offering reassurance and moral support to your buddy if needed
- Withdrawing your support when your buddy is ready to travel alone

### Volunteer Requirements

As a volunteer travel buddy, you **MUST** display the following qualities:

- A friendly and approachable manner
- Reliability and commitment
- An interest in others
- Patience
- Acceptance of others who might be different to yourself
- A passion for promoting independence and inclusion
- A willingness to work within guidelines and to take direction where necessary

**All volunteer travel buddies must be 18 and above as a DBS check is required.**

### **Timing/Commitment**

- Volunteer would be required to volunteer every Wednesday from 1pm-3pm between January and March
- You will also be required to attend three training sessions prior to the workshops
- If helping a buddy to travel, you should be able to commit to volunteering once a week/fortnight, for a couple of hours. Days and times can vary.
- Once you have finished working with your buddy, you no longer have to commit to the role, although you might want to stay in touch

**All volunteers are required to give two references and have an enhanced DBS check.**

**We value our volunteers and take care to match people to suitable roles.**