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**Person Specification Cameron’s Champion**

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| **Essential** | **Advantageous** |
| **Personal Qualities**   * Warm, friendly and encouraging * Interested in supporting other people * Reliable, honest and trustworthy * Able to maintain confidentiality * Empathetic and understanding * Willingness to learn * Conscientious and self -motivated * Able to keep calm in stressful situations * Flexible | * Clean driving licence and access to a car * Good sense of humour |
| **Knowledge/Understanding** | * Understanding of the concept of befriending * Knowledge and understanding of issues faced by older people * Knowledge of available social and leisure activities in the area |
| **Experience** | * Previous volunteering experience |
| **Skills**   * Good communication/ interpersonal skills * Good listening skills * Ability to recognise and respect other people’s boundaries * Ability to recognise and apply own limits and personal boundaries * Ability to make use of support and supervision * Commitment to ongoing development and training * Commitment to provide feedback on the befriending relationship * Commitment to work within organisational boundaries |  |
| **Values**   * Accepting the person for who they are – being non-judgemental * Respecting others as being of equal worth * Respecting other’s choices, lifestyles and rights * Not imposing own values and beliefs * Appreciating differences (e.g. race, culture, gender, etc) * Able to view someone as a person, not a stereotype |  |