

1 Leask Road, Forres, IV36 1SW

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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
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| **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
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| **Experience** | * Previous volunteering experience
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| **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
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| **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
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