

Could you volunteer for Autism Jersey?

Thank you for considering a volunteering role within Autism Jersey.

The below is a guideline as to what we consider useful attributes and values for volunteers within our organisation:

Personal attributes

- Warmth; an ability to engage in a relationship with others, initiate conversations and be friendly and approachable
- Good communication / interpersonal skills; for Befriending volunteers this will include building a relationship with their client(s) and may also include meeting and building relationships with the client's families, liaising with the Volunteering Co-ordinator and with other volunteers
- A good level of self-awareness; attending support group meetings and talking to the co-ordinator will help, also by thinking about what would make befriending enjoyable for you and what you would like to get from it
- An ability to reflect on any supportive relationship you have developed
- An ability to work on your own, using your own initiative – especially when considering things from a risk assessment point of view and being confident in knowing where to request advice, assistance and support
- Some insight into the possible significance and importance of supporting someone with Autism; having an awareness of your role within their life, sharing goals and being aware of how and where things may go wrong and determine a plan to deal with any such issues
- Being reliable, consistent and dependable; something which is of extreme importance in someone with Autism. Being aware of such qualities demonstrates the importance and significance of such. At times, things can go wrong but remaining calm and keeping clients informed is vital
- An ability to handle a degree of stress; whether this is in an independent and supportive role, or the acknowledgement to escalate more serious situations to the Volunteering Co-Ordinator
- An awareness of your personal needs and requests as a volunteer
- Display empathy and understanding
- Be open-minded and willing to learn

Personal Values

- Accepting others for who they are and respecting them as being of equal worth is extremely important
- An ability to respect other person's choices / lifestyle / rights etc.; these are things that need to be thought through beforehand and discussed with the Volunteer co-ordinator should there be any concerns or issues
- Not imposing personal values and beliefs onto someone and remain neutral with an ability to appreciate and respect differences, race, gender etc.

Other important things

- A commitment to work within organisational boundaries
- Willingness to attend and make use of training and support meetings
- Ability to work within our Safeguarding policies (covered in training)
- Keeping in touch – this is vital for all involved, especially if there are any concerns, insecurities or finding things difficult, Autism Jersey are here to support you with any concerns you may experience as a volunteer within our organisation
- Filling in Records of visits

For further information or advice on Volunteering for Autism Jersey, please contact our Family Support Team on (01534) 871888 or email familysupport@autismjersey.org