

# What Is Befriending?

Befriend In Bellshill recognises that some elderly members of our community experience loneliness or isolation.

We aim, with the willingness of our volunteers, to provide companionship and support, to increase the confidence and self esteem of our befriendees.

This free service is not a substitute for any other service available, but seeks only to complement them.

Befrienders visit at home (usually weekly). They will spend some time, typically an hour or so, with and talk to their host.

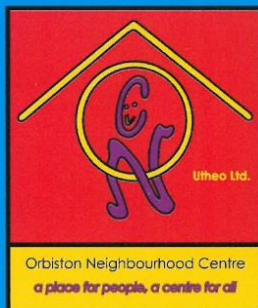
Where appropriate the befriender may be prepared to accompany their friends on short outings, shops etc. Where it is more needed they are happy to stay at home, listen and chat or take part in some relaxed activity.

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Scottish Charity No. SC021687

Together we want to make  
a difference to our  
community.

You can help to make  
that difference.

Call us  
01698 842215



A volunteer scheme funded by



Orbiston Neighbourhood Centre  
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Bellshill  
ML4 2BW

Tel: 01698 842215

Email

[befriend@oncbellshill.org](mailto:befriend@oncbellshill.org)

## Befriender Leaflet



## What we ask of you

- If you think you may be interested in having a volunteer befriender, that you allow us to visit to explain to you what you could expect from befriending
- That you are prepared to welcome a volunteer befriender into your home
- That you treat your befriender with the same respect that they will show to you
- That if you and your befriender have arranged a time for a visit, that you be at home for their arrival (Except in emergencies)

## What we promise you

- Our befrienders will have completed a basic training course on befriending boundaries, confidentiality etc.
- All of our volunteers will have undergone an 'Enhanced Disclosure' (security check)
- We will try to find the most appropriate match we can for you
- We will involve you in the pairing with your befriender
- We will continue to support you and your befriender
- Your befriender will be reliable
- We will show respect for you

## Together we can

- Reduce the feeling of loneliness
- Keep you up to date with what's going on in the outside world
- Help you start or restart a previous activity if you want to
- If possible (depending on your befriender and yourself) it may be possible for both of you to get out of your home for a short while
- YES!! share a little smile and laughter together

While our befrienders will be caring individuals, we will not involve ourselves with any medication or provide personal care or Home Help type duties