

What Is Befriending?

BeFriend In Bellshill recognises that some elderly or disabled members of our community in Bellshill 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.

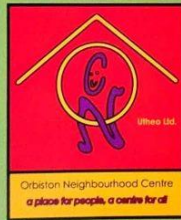
Where appropriate the befriender may be prepared to accompany their friends on short outings, shops etc. Where it is more needed they are happy to stay at home, listen and chat or take part in some relaxed activity.

ONC is managed & directed by Utheo Ltd
A Registered Charitable Company
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Registered Coy. No. 14554
Scottish Charity No. SC021687

Together we want to make
a difference to our
community.

You can help to make
that difference.

Call us
01698 573251



A volunteer scheme funded by



Supported by
The National Lottery
through the Big Lottery Fund

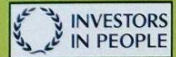


Orbiston Neighbourhood Centre
Busby Road
Bellshill
ML4 2BW

Tel: 01698 573251

Email
befriend@oncbellshill.org

Referral Leaflet



What we ask of you

- That you observe our referral criteria i.e. Befriendees should
- That they live in Bellshill area
- Be genuinely socially isolated
- Be able to sustain a 1 to 1 companionable relationship
- That the possible befriender knows about, and approves of your referral
- That you complete our referral from
- That you assist us to make sure that we maintain the safety of our Befrienders/Befriendees

Please feel free to discuss any possible referral at any stage

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'
- We will try to find the most appropriate match we can for the befriender referred
- The befriender will be reliable
- We will show respect for our befriendees
- We will not be judgemental

Together we can

- Reduce isolation
- Improve self confidence
- Help someone start or restart a previous activity if they want to
- If possible (depending on the condition of the befriender and befriender) it may be possible to get the befriender out of their home for a short while
- YES!! Bring a little smile and laughter into someone's life

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