

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.

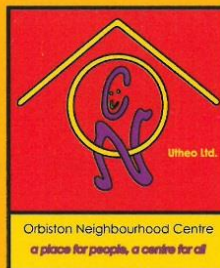
Where appropriate the befriender may be prepared to accompany their friends on short outings, shops etc. Where it is more needed they are happy to stay at home, listen and chat or take part in some relaxed activity.

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 842215



A volunteer scheme funded by



Orbiston Neighbourhood Centre
Busby Road
Bellshill
ML4 2BW

Tel: 01698 842215
Email
befriend@oncbellshill.org

Volunteer Leaflet

What we ask of you

- Time - 1 or 2 hours a week
- Listen - Have good ear
- Respect - For your befriender
- Reliable - Turn up when you said you would
- Training - Be prepared to undertake some basic (not academic) training
- You - Bring your life experience

What we promise you

- Training - Just enough
- Support - We will maintain contact with you
- Expenses - We will reimburse
- Matching - We will find you the best match we can
- Satisfaction - You will find it to be worthwhile

Together we can

- Reduce isolation
- Improve self confidence
- Help someone start or restart an activity
- If possible get your befriender out of their home for a short while
- YES!! Bring a little smile and laughter into someone's life