

Volunteering cont...

How much time will you need to give?

After the initial training you will need to be able to give approximately 2 hours per fortnight.

Where does the befriending take place?

Each befriending match is unique and will be based around the client's needs but generally the befriending takes place in the community.

Will you be out of pocket?

We will reimburse reasonable transport costs.

How can you apply?

Simply contact the office on 01202 551660 and you will be helped through the process. We will have to take up two references, and complete a Disclosure and Barring Service (DBS) check.



Dorset Mind
3 Stratfield Saye
20-22 Wellington Road,
Bournemouth
BH8 8JN

W: dorsetmind.uk
T: 01202 551660
e: contact@dorsetmind.uk

We're Dorset Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

Dorset Mind does not offer any undertaking as to whether a particular Dorset Mind service is suitable for any particular person. Dorset Mind does not make an assessment of anyone's mental health or circumstances prior to their attendance at a group or service.

Leaflet created by Dorset Mind in June 2016.

Befriending

Feeling lonely? We can help



Dorset Mind is a registered charity - No. 1108168 and is registered in England as a company limited by Guarantee No.5333018

 mind | Dorset
for better mental health

What is Befriending?

The Befriending Service offers individual support by trained volunteer befrienders to those with mental health problems. The aim is to improve quality of life by helping regain confidence and social skills.

What can you expect?

You will be matched with a trained volunteer who will visit you on a regular basis. Your befriender is someone who will offer you support, companionship and a listening ear. Your time together could be spent on social activities, such as going for a walk, shopping or going out for a cup of tea.

The length of time you will be matched with a befriender will be agreed, but is typically 12 months.

If things are not working out, we will work with you to try and sort out any problems.

Who can access the service?

The service is available to anyone who is under the care of a Community Mental Health Team (CMHT) and is living in the Bournemouth community.

How can you access the service?

To be considered for a befriending match ask your Community Mental Health Team (CMHT) to refer you, or get in touch with Claire, our Befriending Coordinator. Please call her on 07493 640902 or email her at befriending@dorsetmind.uk



"My name is Claire. I have worked in mental health for 5 years and I have run the befriending service for 3 years. I have training in counselling and believe strongly in the benefits befriending can offer to all involved. I would be very pleased to hear from anyone wishing to get involved."

"I recently got out of hospital and was offered the Befriending Service. I found it very good. I hardly have any friends, and my befriender has made a big difference. Over the year we have done many things, all of which have been very positive and helpful. I would recommend this service to anyone in a similar position."

Befriending Participant

Would you like to volunteer?

Befriending is very satisfying and rewarding voluntary work. You will gain experience working with people who are often isolated and anxious because of their mental health problems.

"We go swimming or play badminton when we meet, then chat over a cup of tea afterwards. I have gained a lot from my client and have learned a lot about myself too."

Volunteer Befriender

What support will you receive?

You will receive full training, as well as continuing support and supervision. In addition, there are regular meetings of the befrienders which provide opportunities for group discussions.

What experience or qualifications do you need?

Befrienders are caring people from all walks of life who are good at listening. They encourage and support without giving advice or telling people what to do. You must be aged 18 or over.