

Leeds Mind Wellbeing Befriending Service Information

What is befriending?

Befriending is a service offering a supervised, time limited, one to one social relationship. Befriending activities may include:

- Going to the Cinema
- Walking (the dog)
- Home visits for tea and chat
- Going for a coffee
- A trip into town
- An activity at a sports centre.
- Eating out
- Anything you fancy that is ethical and affordable.

How much time is involved?

The length and frequency of a befriending visit is up to the persons concerned. It could be:

- 1/2 hour per week
- 1 to 2 hours or more
- During the day evening midweek or weekend.
- For a period of 4 to 12 months
- Tailored to your needs within reason

What safeguards are there?

We follow best practice. Volunteers are interviewed, with references and CRB checks obtained; they receive training and regular supervision. Service users undergo risk assessment and no person with a history of violence or aggression is accepted into the scheme.

Are there any costs involved?

Volunteers can claim back money spent on things like bus fare, cinema tickets, coffees etc. Service users pay for themselves. The cost of an activity must be affordable for the service user.

Who can receive befriending?

People can receive this service if they are socially isolated, stuck in a rut, or experience only unsupportive relationships that are in some way 'unhealthy'.

How can Befriending help?

It can:

- provide valuable respite for the recipient or their carer.
- help break unhealthy patterns and habits
- provide a period of stability with a reliable trustworthy companion.
- provide hope that life can be more enjoyable with the right input.
- provide someone to reflect with on what it means to be valued and treated with respect.
- help in many ways and is different for everyone.

How are partnerships formed?

An interest and activities questionnaire forms the basis of partnership matching together with the coordinators assessment. After being introduced, partners are asked to meet 2 or 3 times during which they can consider the terms of the partnership.

For more information please contact:

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Getting there:

Buses: 33; 33a; 757

Access:

Basement and ground floor is wheelchair accessible by ramps.

Wheelchair accessible toilet on the ground floor.