

THE **Eric** **Liddell** CENTRE

Inspiring, empowering and supporting our community

The Helping Hand Programme *“Local people helping us to help others”*

Befriending Service for Carers

We are thrilled that you are interested in being a volunteer helper in the Befriending Service that we are developing for carers associated with the Ca(I)re Programme. We hope that you find the information about what you can do to help the service and the people who use it helpful.

How will I make a difference?

The Ca(I)re Programme Befriending Service aims to remove or lessen isolation that carers often experience as a result of their caring role. You will be helping carers to become confident, independent and more engaged within the community in which they live. You will also be helping them to gain further information, support and advice from specialist agencies where that is what is needed.

What will I be doing?

We are all individuals and no two friendships will be the same. The friendship will develop out of the things you both want from it. For example, for some people it will be an opportunity to get out and about, maybe going for a walk together, shopping, cycling, swimming or gardening, trip to town, going to the theatre or using a local sports centre or library. Others may want to share a musical interest, play board games or simply chat. Often just being there for someone and listening can be the most important thing about a friendship.



Will I be trained?

The induction programme will help you to understand more about carers' needs, about the Befriending Scheme and the 'do's and don'ts' of the Scheme. The Development Officer will be on hand to offer any further guidance and discuss with you any concerns that may arise during the course of your friendship with the carer.

How much time will I need to give?

The length and frequency of a befriending visit is up to the persons concerned. It could be half an hour per week or two hours per fortnight. It could also be during the day, evening or weekend and for a period of 6 months to a year. What is really important to us is that you recognise that becoming a befriender is an important commitment. Of course, we recognise that emergencies do occur but commitment simply means that you are sincerely willing to give it a go!

What do I do next?

Please complete the “Helping Hand Programme” application form and make “Ca(I)re Befriending Service” your first choice, we will then get back to you!