

# Befriending Scheme

Registered Office:  
Bassetlaw Action Centre  
Canal Street  
Retford  
Nottinghamshire  
DN22 6EZ

Registered Charity No: 1106908  
Company Registered in England & Wales No: 5177066

Bassetlaw Action Centre  
is supported by or affiliated to:



Bassetlaw

**ACTION**



# BEFRIENDING



**Befriending is a means to reduce isolation  
and increase independence**

Bassetlaw Action Centre  
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Retford  
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DN22 6EZ  
Tel: 01777 709650



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## Face to Face Befriending

Our befriending scheme can receive referrals from anyone who is suffering from extreme loneliness. Befriending is a means to reduce isolation and increase independence.

Clients are placed with a befriender who will visit them for one hour a week in their own home and chat to them whilst encouraging them to make positive choices and help them to help themselves.

When the clients are referred to us, we match them with a volunteer, who may have similar interests and hobbies and lives in the same area. This service is free of charge, but there may be travel costs incurred for the volunteer mileage.

## Group Befriending Sessions

We hope to start group befriending sessions very soon! If you are interested in attending a group session please give us a call to register your interest.

### **NOTE:**

**Due to Covid 19 all Befriending is currently via phone.**

For further information please call:  
01777 709650

The office opening times are:  
Monday to Friday 9:00am to 1:00pm



## Telephone Befriending

Our telephone befriending is a free service which offers weekly calls made to our clients by volunteers.

As with home visits, we ensure to match our clients with a volunteer who may have similar interests or hobbies, and the volunteer will encourage clients over the duration of the call to make positive choices.

For those clients who are unable to have home visits or use the telephone we may be able to offer befriending letters.



## Peer to Peer Befriending

Peer to peer befriending is a great way for clients to support each other through weekly telephone calls. Befriending not only benefits the person who receives the call but also the person who provides the call. People often volunteer for Befriending as a way to reduce their own isolation and loneliness whilst helping another person.

As such we now offer Peer to Peer Befriending Support. This is where 2 clients waiting for a volunteer will contact each other via telephone and Befriend each other. This enables both clients to give and receive support, build friendships and help each other overcome their feelings of loneliness and isolation.