

Have You Ever Thought About Volunteering?

If you enjoy meeting people and helping the local community you are the ideal person to volunteer on any one of our schemes. Any amount of time that you are able to give to a scheme is welcome.

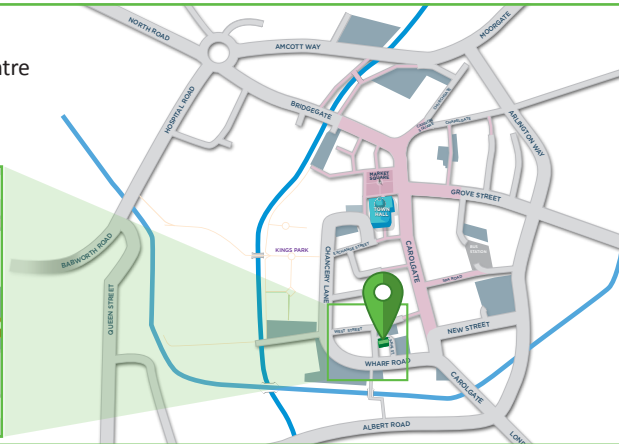
We pay 45p per mile, for every mile that you drive on behalf of a scheme. If you are interested in volunteering for us, please contact Bassetlaw Action Centre for more information.

01777 709650

enquiries@actioncentre.org.uk



Where to find us:
Bassetlaw Action Centre
Canal Street, Retford
DN22 6EZ



Bassetlaw Action Centre is affiliated with the following organisations:



Registered Office

Bassetlaw Action Centre
Canal Street, Retford
Nottinghamshire DN22 6EZ

01777 709650
enquiries@actioncentre.org.uk
www.bassetlawactioncentre.org.uk



Bassetlaw Action Centre



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Registered Charity No: 1106908
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Bassetlaw

ACTION



Centre

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Befriending



Befriending is a means to reduce isolation and increase independence



Befriending

Face To Face Befriending

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

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 in order to help them to help themselves.

We try to match clients referred to us with a volunteer who may have similar interests & 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

Group befriending is perfect for those who enjoy meeting new people who are in similar situations and creating new friendships within a small group.

Our amazing befriending volunteers lead the group and we provide tea, coffee and lots of biscuits while enjoying a good old chat and group games & activities.

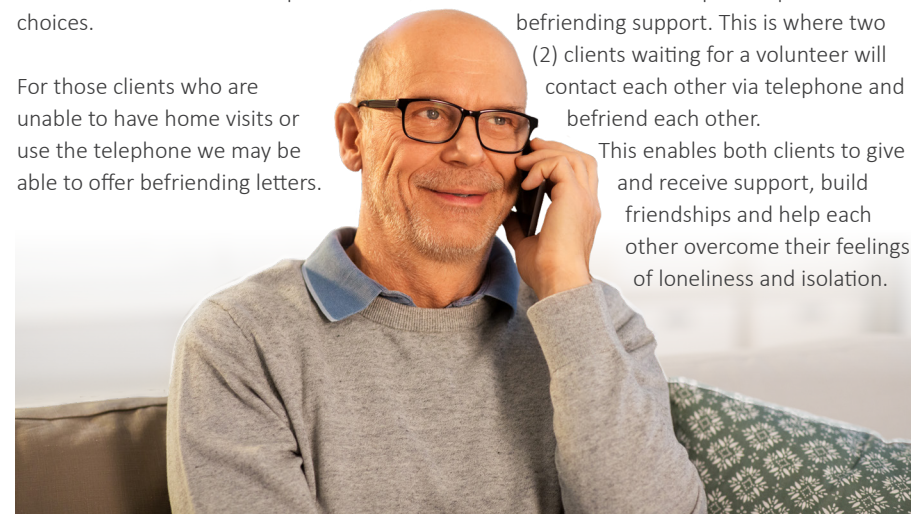
For more information on Befriending, please call the Bassetlaw **Action** Centre on 01777 709650

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.

As such we now offer peer to peer befriending support. This is where two (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.

