

The Whitechapel Centre

Befriending

The aim of the befriending scheme is to provide companionship and enhance the quality of life for isolated people. It provides the chance to develop new relationships and opportunities to participate in social activities. Befriending is a relationship between two or more individuals which is initiated, supported, and monitored by The Whitechapel Centre, who have defined one or more parties as likely to benefit. Ideally the relationship is non-judgemental, mutual, purposeful, and there is a commitment over time.

Befrienders are volunteers who will be 'matched' with service-users. Matching is most often based on shared interests and on both parties living in the same area.

Befriending is valued in different ways by service users and volunteers alike. Befriending is based on undertaking social activities, but service users and volunteers should appreciate differences between befriending and 'friendship' and must maintain a professional relationship.

How do I get a befriender?

Your Whitechapel Support Worker will complete a referral form with you.

How do I get to meet my befriender?

Your Whitechapel Support Worker will arrange a convenient date and time for three of you to meet .

What can I do with my befriender?

This will depend on the interests of both parties, some examples may be:

- * Enjoy tea together
- * Have a good old 'chin wag'
- * Visit the cinema / library
- * Go for a stroll
- * And much more

Who will pay for the befriending service?

There is no cost for the service but should there be a cost for an activity (e.g. a trip to the cinema) The Whitechapel Centre will reimburse the volunteer within reason.

How often can I see my befriender?

Around about 3 hours per week, but this may vary.

What if I am not happy with my befriender?

After making the introduction, The Whitechapel Centre remains in touch with both you and your befriender on a regular basis. If either party is not happy with the 'match' The Whitechapel Centre will place them both back on the list until an alternative match can be made.

If you would like any further information regarding the befriending scheme please contact either your Whitechapel Support Worker or Pauline Baysan on 0151 207 8670.