

Interested in Volunteering?

Could you find the time to be a volunteer befriender to improve the quality of life for older people?

If you:

- Can spare 2 hours a week (or more)
- Have good listening and communication skills
- Have an empathy with the needs of older people
- Have a sense of commitment
- Have a understanding of mental health or learning disabilities

We would like to hear from you!

Full training and support is given. All volunteer befrienders will be selected subject to interview, satisfactory references and a Criminal Records Bureau check.

Befrienders receive ongoing support and supervision, and the project is closely monitored.

Mental Health Matters Wales provide a Befriending project in the Bridgend County Borough that supports older people over 50 years of age and who maybe experiencing emotional and/or mental health related disorders or have a learning disability to access social, leisure, educational and back to work opportunities.



Moving On Over 50's Befriending Service



Contact:

Moving On Over 50's Befriending Service

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**ARIENNIR GAN Y LOTERI
LOTTERY FUNDED**

October 2013

Mental Health Matters Wales
Charity Number: 1123842
Company Number: 6468412

Befriending Service

The Befriending Service supports older people who maybe experiencing emotional/mental health related disorders or have learning disabilities to access social, leisure, educational and back to work opportunities.

Befrienders will help to promote personal choice, increase self respect, support existing personal skills and the development of new opportunities.

Befrienders visit people in their own homes or in the community to provide companionship and support.

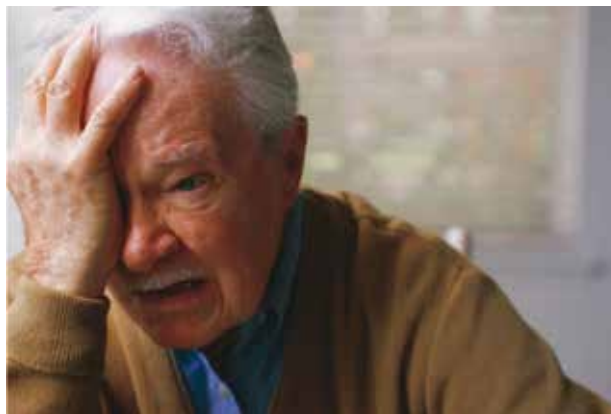
The Befriending Service is managed by the Volunteer Befriending Coordinator, who will visit those referred to ensure a match with a suitable befriender.



Criteria

The Befriending Service is for those who are:

- Aged over 50
- Have a mental health related disorder
- Have a learning disability
- Are living in isolated circumstances or with little social contact
- Reside in the Borough of Bridgend



If you wish to make a self referral, or refer on behalf of somebody else please see **Contacts** on the back of this leaflet

There is no charge for this service

The Befriending Service is NOT able to:

- Provide services which are the responsibility of the statutory sector
- Carry out any personal care, housework or other domestic tasks
- Undertake caring responsibilities
- Provide a counselling service

Mental Health Matters Wales operate an Equal Opportunities Policy in all our activities and services.

