

## Do I get any support?

All volunteers with the Carers Centre receive full induction training and support, followed by further sessions at various intervals during the year.

As a volunteer, you can also access the Centre's ongoing programme of training and social events.

There will be a staff member available for you to meet up with on a regular basis and discuss how things are going with your volunteering, and to see if we can help you with any further training needs.

For volunteers aged between 16 and 25, your volunteering can be accredited as part of the national Millennium Volunteers scheme.

For further information about befriending or any of our other voluntary opportunities, please contact the Dundee Carers Centre:

**FREEPOST RSLJ-YXKR-JLEB**  
**Volunteer Co-ordinator**  
**Dundee Carers Centre**  
**1<sup>st</sup> Floor, Argyll House**  
**West Marketgait**  
**DUNDEE**  
**DD1 1QP**

**Tel: 01382 200422**



[www.dundecarerscentre.org.uk](http://www.dundecarerscentre.org.uk)  
[centre@dundecarerscentre.org.uk](mailto:centre@dundecarerscentre.org.uk)

Want to be a befriender?



## What is befriending?

Befriending is all about building a one to one relationship based upon trust, confidentiality and support.



The relationship is a voluntary one on both sides. The Befriender is there to provide some form of regular practical assistance and support. Befriending is about developing more informal and supportive social relationships, often over a fairly long period of time.

## Who do I befriend?



We provide befriending for adult carers and people who are being cared for. We also have a separate service providing Befrienders to young carers aged between 5 and 7.

A carer is someone who, *without payment*, provides help and support to a partner, child, relative, friend or neighbour, who could not manage without their help. This could be due to age,

physical or mental illness, learning disability, addiction or disability.

## Who makes a good befriender?

Befrienders are of all ages and with a wide variety of life experiences and backgrounds. They may come from any walk of life – students, retired people, unemployed individuals or ex-offenders.

Sometimes, those who have worked with a Befriender and have experienced the benefits for themselves decide that they would like to become a Befriender too.

A Befriender will start to build a relationship with the person they are helping by:

- *Taking time to get to know them*
- *Listening to and discussing anything that is worrying them*
- *Valuing their opinions and beliefs*
- *Talking about any relevant experiences and any problems they have overcome, if appropriate*
- *Encouraging them to talk and think about their ambitions or hopes for the*

*future and planning the steps needed to achieve these together*

The Befriender will support the other person in coping with life challenges through empathy and friendship.

Although a Befriender may do all of the above, they are not a substitute teacher, parent, social worker, coach or counselor. Volunteer Befrienders, however, can work very effectively alongside professional services in providing the best possible support to carers.



Involvement in befriending schemes can be a very rewarding experience for all participants as it offers an excellent developmental opportunity for you as a Befriender, as well as a chance for many people to put something back into the community.