

Befriending Service

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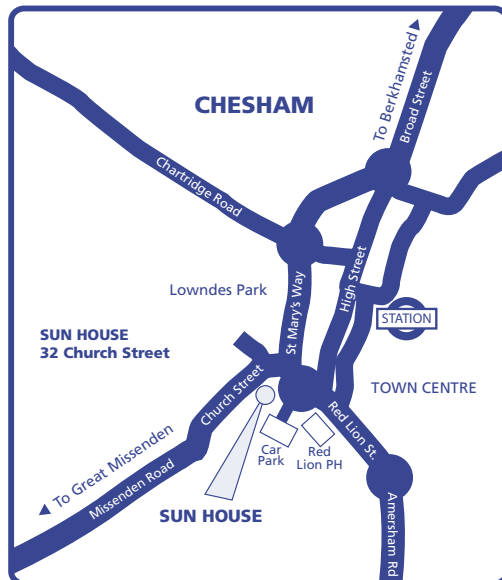
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Buckinghamshire Mind

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Bucks HP5 1HU

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The Dove Centre
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Wycombe Counselling Service
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Bucks HP11 2QR

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For better
mental health

Befriending Service



Buckinghamshire Mind

Befriending Service

Befriending is one of a range of services offered by Buckinghamshire Mind.

The Befriending Service offers one-to-one support and friendship to people who are isolated as the result of mental distress.

What do we aim to do?

We hope to make a positive impact by introducing people to each other on a friendly, informal yet supportive basis. Bucks Mind places a strong emphasis on independence and provides support by working *with* a client rather than *for* a client.

Each client has different needs and aims, so befrienders and clients work together to identify the steps necessary to achieve these aims. Establishing a successful, trusting relationship can encourage clients to feel more confident about making other friends in the future.

Who is it for?

All referrals need to be made through a Community Mental Health Team via Care Management and the CPA process.

After an initial referral, both client and co-ordinator will meet to discuss the service in more detail. This meeting will also give clients the opportunity to talk about their hopes and expectations of the service.

If the client and co-ordinator both agree that befriending would be helpful, the client's name will be added to the waiting list until a suitable volunteer befriender becomes available.

Befriending partnerships are limited to one year at the most. Volunteer befrienders and clients usually meet once a week for a minimum of one hour. What they do in that time depends on what a client needs from the relationship, so befrienders may join in sports activities, go to an evening class, a garden centre or just sit in and listen.

Who are our befrienders?

All our befrienders are volunteers. They are given a comprehensive training, which includes sessions on mental health issues, listening skills, cultural awareness and Bucks Mind policies and procedures. When volunteers have completed their training, they are then partnered with a client with similar interests as soon as possible.

We pay expenses and offer ongoing training as well as regular supervision and support to all befrienders. In return, we ask that volunteers are committed, caring and reliable as well as willing to work within the boundaries set by the Befriending Service.

Buckinghamshire Mind

Who are we?

Buckinghamshire Mind is an independent registered charity that for over 90 years has been involved in the promotion of good mental health through education, campaigning and the provision of services across the county.

What do we do?

We provide a range of mental health services across the county in partnership with statutory bodies i.e. Social Services and Buckinghamshire Primary Care Trust. In addition we are able to offer other services that we fund independently. Our services are run by a combination of paid staff and volunteers and we strive to ensure that service users are central to all that we do.

What do we aim to achieve?

Our vision is of a society that promotes and protects good mental health for all, and that treats people with experience of mental distress fairly, positively, and with respect.

Our relationship with National Mind

Although we are an independent charity we form part of the network of Local Mind Associations linked to the national charity Mind. (www.mind.org.uk)