



Friends in Need – Information for Referrers

Friends in Need is a valuable, free service for your clients who are experiencing a mental health problem. Our aim is to promote community resilience by reducing isolation through peer support.

We are a friendly and welcoming peer-to-peer social support community for people to help each other. Our uplifting, fun and free-of-charge activities provide the opportunity to socialise and share experiences in a non-judgemental and completely confidential setting.

“It was a life saver for me and gave me back my self-confidence and taught me lots of ways to handle my long-term clinical depression and get back to work,” says one Friends in Need member.

All our activities are based around the five ways to wellbeing: To connect; To Give; To Learn; To Notice; To be Active and members are empowered and highly involved in the structure and content of the timetable.

We manage groups and activities by encouraging and empowering others to take on responsibility within the group to help organise and run activities. A peer-volunteer training course has been developed for the specialist role of peer volunteer within a group environment.

We value and provide ongoing training and support for our volunteers. Group members who do not wish to have an official role are still encouraged to take responsibility within the group which results in improved self-esteem, confidence, and a reduction in a common feeling of worthlessness. Peer volunteers attend a monthly meeting with the coordinator, and a monthly member planning meeting promotes real team spirit and makes the group stronger.

Under the guiding hand of Buckinghamshire Mind, we have Friends in Need groups running successfully in Windsor/Ascot/Maidenhead (WAM), Bracknell & Slough. To find out more about Friends in Need in general, please contact Ansa Khan, Team Lead on 07496 874882 or email ansa.khan@bucksmind.org.uk. Please invite me to one of your team meetings so that I can come and tell you all about what we do.

We know you are busy, so the referring process is quick and easy - please fill out our referral form [HERE](#).

We endeavour to contact your client within 5 working days and work hard to really encourage them to meet with us as soon as possible.

Thank you!