

About Buckinghamshire Mind

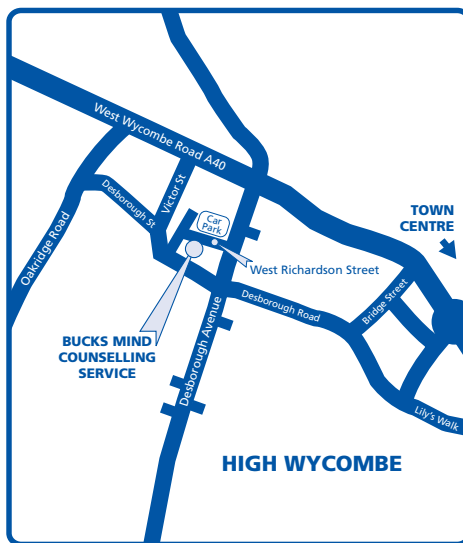
We are Buckinghamshire Mind, the mental health charity. Our vision is that everyone with a mental health problem gets both support and respect.

We connect. We support. We influence. We deliver services in our local communities, in Buckinghamshire and East Berkshire. We promote wellbeing and recovery; we prevent mental ill health; we offer talking therapies and we provide support in times of crisis.

We are affiliated to national Mind and proud to play our part in the local Mind network. Together we are Mind. Open, caring, experienced, unstoppable, together.

We stand up for mental health. Our services change lives. For support. For respect. For you.

Buckinghamshire Mind is run by local people for local people and is responsible for its own funding and the services it provides. To donate or fundraise for us, please visit www.bucksmind.org.uk/support-us



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Buckinghamshire Mind is affiliated to national Mind and is quality assured under the Mind Quality Mark.

Buckinghamshire Mind (The Buckinghamshire Association For Mental Health) is a Registered Charity (No: 1103063) and a Company Limited by Guarantee (No: 5000185)

Large print version available



“My Befriender has provided company and opportunity. I can see myself through someone else’s eyes and can check my thinking and whether my perceptions are reasonable.”

“I’m getting more confident and helping to improve things for myself.”



**A Guide to Befriending
for volunteers and referrers**

Befriending Service

What we do

Befriending is one of a range of services offered by Buckinghamshire Mind to people who are lonely or isolated as a result of mental illness. Our Befriending Service offers one-to-one support to adults in person, on the phone or via text or email.

Our Befriending Coordinators recruit and train volunteers, who then form 'partnerships' with people who have a mental health difficulty. These partnerships are usually for six months and can be based around a specific activity, learning a particular skill or simply be there to provide regular social contact.

How we work

We work positively by introducing people to each other on a friendly, informal and supportive basis. Buckinghamshire Mind actively promotes independence and recovery; our staff and volunteers work with rather than for our service users.

Each service user has different needs and wants to achieve different things. Coordinators, volunteers and service users work together to identify the steps necessary to achieve these goals. Often the aim is to build confidence by having regular social contact with other people.

Establishing a successful, trusting partnership can encourage service users to feel more confident about forming positive relationships in the future and therefore Befriending partnerships can have a lasting impact on people's lives.



Who do we work with?

Anyone over the age of 18, who lives in Bucks and is experiencing mental health difficulties (excluding dementia) may be able to use our service.

We have Coordinators who work in different areas of the county, so when you contact us we can put you in touch with the right person.

The Coordinator will meet the service user to discuss what they need from us and how we can support them. This might include help to access an activity, learning a new skill or simply having someone to talk to.

Once we know what the service user needs, the Coordinator will try to find them a suitable volunteer and introduce them as soon as possible.

How to access the service

Service users can be referred by their GP, by Social Services, via Mental Health Services like 'Healthy Minds' or an Adult Mental Health Team and through other agencies. Please give us a call to discuss how to refer.

Befriending Services are funded by Buckinghamshire Council, we do not charge fees to our service users for this service.

Our service depends on volunteers and we are always looking for more people to work with us. We offer full training and support to all our volunteers. Please give us a call and find out how you can help.

