



# Friendship and support for you

Befriending for people  
in Bridgend County Borough

[www.bavo.org.uk](http://www.bavo.org.uk)



# If you are feeling lonely and isolated we can help

## Do you sometimes feel like this?

- Lonely with no extended family or friends around you?
- Would you like somebody to accompany you when you're going out and about?
- Transport is a problem and you can't get to the places you'd like to visit?
- You'd like somebody to pop in for a chat and a cup of tea?

## Wouldn't it be nice if somebody could:

- accompany you to a community café, a local group or activity of your choice?
- call in for a chat or take you shopping?
- take your dog for a walk with you?
- play a game of scrabble over a cup of tea?

We support many people just like you through our volunteer befrienders. They will give some of their own time to offer you companionship if you are feeling lonely or need that little extra help to get out and about and back into community life.

Coordinated by Bridgend Association of Voluntary Organisations in partnership with Neath Port Talbot Council for Voluntary Service, our **free of charge** Community Companions befriending scheme is funded by the Big Lottery Fund and aims to help lonely and isolated people within Bridgend County Borough.

We will visit you in your own home and you can decide what type of befriending you would like.

The choice is yours!

## We can help if you:

- feel lonely or isolated;
- live in Bridgend County Borough;
- live in sheltered or rented accommodation, housing association property or your own home;
- have suffered a bereavement and need support to get back into community life;
- need extra support with practical things like going for a walk or shopping;
- want to make new friends and participate in community activities or clubs, but don't have the confidence to go there alone.

## All our volunteers are fully trained

All of our volunteers will have followed a carefully planned training programme and will be carefully matched with you.

You will also receive regular contact from BAVO's Project Officer who will ensure that you're happy with the volunteer who is supporting you and with our befriending service.

All of our volunteers will have undergone a DBS check to ensure your safety.



# What happens if I ask for help?

After asking for support, our Project Officer will come out to visit you and take some details.

They will discuss what types of befriending you would like and will ask about your interests.

This information will assist us with matching the right volunteer to you.

Once we have matched a volunteer befriender, they will come and visit you at an agreed time along with our Project Officer.

Your befriender will then continue to visit on a regular basis, if that is what you want.

We will keep in touch with you to ensure that you are happy and getting the most out of befriending.

You can decide if you want our support to stop at any time.



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