



An hour of your day goes a long way

A volunteer's guide to becoming a
befriender in Bridgend County Borough

www.bavo.org.uk



Make a difference to someone's day

Join our Community Companions befriending project funded by the Big Lottery Fund, to help socially isolated people within Bridgend County Borough. Help them to meet new people, improve access to local services and improve their overall health and wellbeing.

Coordinated by Bridgend Association of Voluntary Organisations in partnership with Neath Port Talbot Council for Voluntary Service, we are recruiting and training volunteers aged 16 + to befriend people who may feel isolated and lonely for various reasons.

Imagine going days or weeks without seeing somebody or not being able to get out of the house? An hour of your time to visit someone or to help them participate in community activities can make a huge difference to their day.

Our volunteers may befriend a person by visiting them in their own home for a couple of hours a week, accompany them to go shopping, support them to go to medical appointments, visit a community café or various other social activities and clubs.

A simple guide to becoming a befriender:

- You must be aged 16 +;
- We ask that you can commit to a minimum of an hour a week over a three month period;
- You will be expected to attend our free training with other new volunteers before being placed;
- Travel expenses will be paid if you travel to support a person, although we will try to place people in their local area as far as possible to minimise costs;
- Your befriending support for a person is completely confidential;
- You will have to undergo a DBS check at enhanced level which is free of charge;
- You will receive full support from our Project Officer during your time as a befriender.

For further details contact BAVO
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