



Improving quality of life through friendship

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Two's Company Befriending

Two's Company Befriending Edinburgh is a partnership between Edinburgh City Mission and Linking Lives UK to help churches engage with older people facing loneliness by establishing a befriending scheme within their community.

Through the local church, Two's Company offers dependable relationships from volunteer befrienders to people in the community who would otherwise experience feelings of loneliness or social isolation. We use a hybrid model of befriending that includes both telephone befriending and home visiting.

Loneliness

Change begins with just one person

- Having weak social connections carries a health risk equivalent to smoking 15 cigarettes a day, increasing the risk of heart disease, stroke, high blood pressure, cognitive decline and dementia. ^[1]
- Coronavirus has exacerbated the problem of loneliness in the UK. In November 2020, 4.2 million people said they were 'always or often' lonely, compared to 2.6 million before the pandemic. ^[2]
- Half of all older people (about 5 million) consider the television as their main form of company.

[1] Campaign to End Loneliness.

[2] Office for National Statistics 2020.



"A father to the fatherless, a defender of widows, is God in His holy dwelling. God sets the lonely in families." Psalm 68:5-6





"If it wasn't for my befriender and the befriending scheme, I would be stranded without any hope."

- Scheme Member

Partnering with Edinburgh City Mission

Edinburgh City Mission will support churches by serving an administrative role. We will partner by

- Screening referrals
- Training and safeguarding volunteers
- Creating the matches
- Providing ongoing support and monitoring

Contact Us

To find out more about setting up a Two's Company scheme in your community, please contact

What's involved in Two's Company Befriending?

Two's Company Befriending Edinburgh is designed for churches to partner with minimal administration. Churches will partner by

- Praying
- Appointing a point of contact
- Encouraging their members to volunteer
- Providing avenues for further connection where possible

The Benefits of Befriending

- It provides vital contact with another person
- It places a value on the individual and says 'you matter'
- It builds links with the wider community
- It opens the door to other ministries and activities offered by the church and other local initiatives
- It can be mutually beneficial!

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About Edinburgh City Mission

Our values are pioneering, love, generosity, unity and justice. Our vision is to help create a mission movement across Edinburgh by stimulating and strengthening the church's mission.

www.edinburghcitymission.org.uk

Edinburgh City Mission

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About Linking Lives UK



Linking Lives UK exists to empower and equip churches to significantly impact social isolation and loneliness in local communities.

www.linkinglives.uk

Linking Lives UK

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Registered Charity No. 1170325