



*Improving quality of life through friendship*

## **Volunteering** with **Edinburgh City Mission**



Just 30-60 minutes of your time a week could make a huge difference to someone else's life.

If you're empathetic and friendly, you could be a befriender!

# Befriending

## How does it work?

### 1. Get in touch!

When you express an interest in befriending, **we'll send you more information** and a short application form to complete and return.

**2. We'll call you**, telling you more about the scheme, and to find out more about **your interests** to help us match you with the **right person**. We'll also answer any questions that you may have.

**3. Background checks.** We'll write to those you have given as references and undertake the necessary **safeguarding checks** that are an important part of the process.

**4. We'll match you up**, using your interests, strengths and personality to make a good match with someone who has been referred to the scheme. **This may take a while but we will keep in touch.**

### 5. When can you befriend?

At a time convenient to you both, usually on a **weekly or fortnightly basis**.

**6. What will you do when you befriend?** There are **two types of befriending**: telephone and home visiting. With both you will have conversations and get to know each other, sharing common interests and be a listening ear. If visiting, cups of tea and board games are among the things you might do. You're not there to do housework or help with medication - other agencies are trained to do that. **Full training will be given prior to starting your befriending.**

**7. What will your match be expecting of you?** **Respect, kindness, honesty and confidentiality** are key values for you as the befriender. This will inspire confidence in your new friend.

**8. What if the match doesn't work out?** There is always a trial period, to give both of you a chance to check it is going to work. We will rematch you on the rare occasions when a match is unsuccessful.



Telephone befriending with a Scheme Member

## Why 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.

Two's Company Befriending addresses all aspects of loneliness but has a **special emphasis on people whose situation may be made harder by social isolation**. People may lack confidence after an illness or fall. They

may have lost their partner and their long term friends may be in ill health or have died. They may only see health practitioners occasionally and family may live miles away.

Weekly contact from someone like you can help unsupported people start again, regain confidence and find connection in their local community. **Trusted, lasting friendships can have positive impacts on their physical emotional and general health.**



Our **Two's Company Befriending** scheme is running in your area, and we are looking for more volunteer befrienders.

**If you are interested in getting involved, we'd love to hear from you!**

## Contact

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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](http://www.edinburghcitymission.org.uk)

## 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](http://www.linkinglives.uk)



LINKING LIVES UK

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