

Befriending Scheme Contact Details:

Befriending Scheme Co-ordinator
Doncaster Mind
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Reg. Charity Number 1141146
Company No. 07433894



VOLUNTEER BEFRIENDING

Could you make a
Difference?



WHAT DOES A BEFRIENDER DO?

As a befriender you would:-

Be a 'friend' to someone who is experiencing mental health difficulties.

Meet that person each week for a minimum of two hours.

Reduce their social isolation by helping them to access activities where they can meet other people.

Help them to be more confident and less anxious.

WHAT DOES MIND LOOK FOR IN A VOLUNTEER BEFRIENDER?

We look for people who are:-

Respectful

Non-judgemental

Empathic

Positive

Honest and trustworthy

Good listeners

Able to commit to 2 hours each week.

WHAT ARE THE BENEFITS OF BEING A VOLUNTEER BEFRIENDER?

Employers and universities value the experience gained through volunteering.

You can learn a lot from the experience.

It feels good to help someone

You will receive:

Comprehensive Induction Training.

On-going relevant training.

Out of pocket expenses.

Regular supervision.

How do I apply?

Application forms are available on our website or can be requested from the Befriending Scheme Co-ordinator (Contact details on back page)