



Would you like to be a Befriender?

People of all ages become volunteers, the skills that are necessary are to be a good listener and have a caring nature.

Voluntary work can be very rewarding, helps you meet new friends, build up your confidence and develop new skills.

How much time must I give ?

Voluntary work is very flexible, and can fit in with your other commitments. You only need to give the time you can spare.

Will I receive training or support?

Everyone will receive training in visiting and communication skills. Once training has been completed, the support is on-going to help the befriender with their tasks and other training will be available.

We will reimburse any necessary expenses, making sure that you are not out of pocket.

Will it affect my benefits?

Not as long as you remain available for work. If you are receiving benefit for sickness or disability you can still do some work. You should advise the benefit office that you intend to take up voluntary work.

Call the Centre to find out more!

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HANDS & GILLINGHAM VOLUNTEER CENTRE

Cranford House
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E-mail: enquiries@gillinghamvolunteercentre.com
Website: www.gillinghamvolunteercentre.com

COMMUNITY FRIENDSHIP

Telephone: (01634) 362119

GILLINGHAM VOLUNTEER CENTRE

Telephone: (01634) 362119

Fax: (01634) 264464

Office Hours:

Monday - Thursday: 9.00am - 4.30pm

Friday: 9.00am - 4.00pm

(Please be aware that from 1.00pm onwards staff may be undertaking duties out of the office.)

HANDS TRANSPORT

Telephone: (01634) 264464

(24 hour answerphone)

Office Hours: 9.30am - 12.30pm

(Mon - Fri)

Hands & Gillingham Volunteer Centre
is a Registered Charity No 290169 and is
Quality Accredited by Volunteering England

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acknowledges financial support from Medway Council,
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COMMUNITY FRIENDSHIP SCHEME.

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What is Community Friendship?

Community Friendship is a project which aims to help those living alone and in isolation from the community, who need some support to overcome their difficulties and get back into society.

This scheme helps fill the gap between simple befriending and statutory authority care.

The need for this service has been identified by the many everyday difficulties experienced by clients who already use the services offered by Hands and Gillingham Volunteer Centre.

The project is managed by the Centre Manager, who will match and support both befrienders and clients and, in appropriate cases, initiate support from other agencies.

Regular contact will be maintained between the befriender and manager at all times to offer support to the volunteer and to highlight any difficulties.

How will the Project work ?

The aims and objectives of the project are to provide support and information to the community and to develop the involvement of other voluntary and statutory organisations.

Requests for help are received through the office. The Manager will then visit the client to identify particular needs and to match a suitable befriender. Visiting times will be arranged by mutual agreement.

There is no time limit attached to this but befrienders, as volunteers, have the right to decide how much time they can give to any one visit

Regular contact between the client and befriender can establish a strong bond and encourage participation in community activities to encourage independence.

Who is eligible to use the service?

This scheme is predominantly for people living on their own, who have become isolated from their community.

This situation could have arisen for a variety of reasons, such as bereavement, because you have recently moved into the area, or are suffering from depression.

However, anyone who feels isolated from the community can contact us as there are a variety of services or suggestions we may be able to offer. Our social and activity groups are a good way to meet other people also feeling lonely or isolated.

It only needs a telephone call to the Centre Manager to discuss what support services may be available to you, either through voluntary agencies or statutory services.