



Befrienders Highland has been providing a range of services since 1993.

Our services include:

Telephone befriending for
People with memory concerns

AND

Befriending (by phone letter
Or email) for all unpaid
Carers

Befriending helps to:

- Reduce isolation
- Increase opportunity for social contact
- Improve coping strategies
- Increase feelings of belonging and well-being

For More Information Contact Us

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befriendershighland



@befhighland

BEFRIENDING FOR

People experiencing
memory issues
&

All unpaid adult carers



Befrienders
HIGHLAND

INFORMATION FOR
Volunteers
&
People wanting
friendship





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HELPING **RESPECT** **TOGETHERNESS**
HARITY **LIFE** **VOLUNTEER** **TIME**
ALTRUISTIC

WHAT IS DISTANCE BEFRIENDING?

1 to 1 supported friendship from a trained volunteer by phone, letter or email for people who feel lonely or isolated.

“it helps to talk to someone who is just there for me”

- Befriending relationships are safe, reliable and enjoyable and offer purely social contact.
- There are clear boundaries based on mutual respect and confidentiality.
- Confidentiality is kept within the organisation (Befrienders Highland).
- Volunteers are trained and are there for a social chat, not to give advice on any matter.

IS BEFRIENDING FOR YOU?

Do you feel lonely or want someone to talk to?

Are you concerned about your memory?

OR

Do you care for someone?

If you answered **YES** to any of the above questions then Befriending could be for you.

To find out more or to refer to the service please contact us today.



VOLUNTEERING

- Our Befrienders are all trained volunteers aged 18+ and from all walks of life.
- Volunteers talk regularly with their Coordinator for support and supervision to ensure the befriending is going well.
- Distance Befriending appeals to volunteers who want to help someone and can do this from their own home, offering friendship by phone, letter or email.

Can you spare an hour a week?

Would you like to make a real difference without leaving your home?

We need people like you to offer your friendship.

IF YOU ARE INTERESTED IN VOLUNTEERING, CONTACT US TODAY.