



How much does the befriending cost?

To maintain the high quality of the Befriending Service, the Coordinator takes extra care to:

- Recruit volunteers with a positive and encouraging attitude and check their references and Criminal Record history
 - Run a specialist, comprehensive Mind training programme for Befrienders.
 - Provide regular supervision and ongoing training for Befrienders.
 - Undertake an in-depth process of assessing your preferences to find the best match with a Befriender.
- Our standard befriending package is for 44 visits over a period of one year and costs £2122. This includes an assessment fee, matching fee and 44 befriending sessions. If you would like to discuss an alternative package, the Coordinator would be happy to discuss this with you.

For more information, please contact:

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Befriending Service



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Harrow

What is befriending?

Befriending means building a friendship with a trained volunteer and with the help of the scheme. Befriending aims to reduce your loneliness and isolation. Befrienders offer support, encouragement and time to listen. Befriending takes place on a one-to-one basis and lasts a minimum of 2 hours per visit.

What is special about Mind in Harrow's Befriending Service?

- **Quality Service** - A high quality service with a track record of 20 years experience.
- **Care in matching** - Extra care taken to find the most suitable volunteer to match your interests & wishes
- **Trained volunteers** - Mind comprehensive training specially designed for volunteers.
- **Ongoing volunteer training** - offered throughout the year, including safeguarding.
- **Properly supervised volunteers** - Volunteers are regularly supervised by experienced coordinator/s.
- **Supports your progress** - Our service can support you to evaluate your progress via Mind's unique approach.
- **Matches Support Plan goals** - Our service can assist you to show the benefit of befriending for your Support Plan.
- **A Safe Service** - All befriending staff & volunteers are Police and reference checked.
- **A Helpful Service** - Your queries will be answered promptly by the scheme coordinator.

What can the befriending service offer you?

- One to one friendship, spending time together for example going out for a walk, visiting a place of interest or worship.
- You will be matched with a trained volunteer befriender.
You can meet your befriender regularly.
- You will have face to face 2 hour session with your befriender every time you meet him/her.
- You can request a maximum of one change of befriender if you are not happy with the match and this would normally be made in the first three months. We would only consider a request for a further rematch if in Mind in Harrow's view we had not offered a satisfactory standard of service.
- Your befriender has undergone appropriate training
- Your befriender has been police checked and referenced

How will you benefit from befriending?

- Help you to build your self confidence and esteem
- Help you to build trust
- Help you to reduce Isolation and loneliness
- Help you to increase your independence
- Help you to get involved in new activities within your own community
- Help you in decision making
- Help you to improve relationships with family/carers/professionals

Client Testimonies

We receive many testimonies from clients-
"I really appreciate the visits. It sets me up for the week"

