



Bramber BAKEHOUSE

Connections

121 Befriending Service

Support to improve your health & wellbeing
through meaningful social connection.

What is befriending?

Befriending offers an informal social relationship which can help to reduce feelings of isolation or loneliness through meaningful connection.

About The Connections Befriending Service

Our befriending service is the next stage of support available to graduates on their journey towards increased health & wellbeing, self-confidence and independence.

Befriending takes place between you (the befriender) and the volunteer befriender over 12 scheduled telephone or video calls, usually once a week for up to 30 minutes.

Regular 1-2-1 contact with a befriender can offer many benefits, including:



What happens during a befriending call?

The befriending call is a safe space to connect socially with your befriender – there's no set agenda!

Most matches simply enjoy chatting about their week. Though over time some matches have practiced wellbeing techniques, while others have learned creative skills together during the video call!

Knowing you have a regular befriending call scheduled can provide a sense of structure and routine – something to look forward to.

Who are befrienders?

Bramber Bakehouse befriending is delivered via kind, reliable, trustworthy and non-judgemental volunteers who have gone through our recruitment and training process.

Befrienders work closely with Bramber Bakehouse to support you, and will let us know if they have any concerns about your wellbeing or safety.

Bramber Bakehouse befrienders cannot:

- Share their personal contact details with you
- Contact or meet you outside the times agreed via the Programme Lead
- Offer counselling or therapy
- Be a replacement for specialist advice & guidance (e.g. casework, benefits, legal, immigration, financial advice)
- Operate outside of Bramber Bakehouse's policies & procedures

What Bramber Bakehouse expects from you:

To get the most from The Connections Befriending Service we ask you:

- To engage with The Programme Lead
- To commit to building a positive relationship with your befriender
- To attend calls on time or give reasonable notice of cancellation where possible
- To tell us when something is going well or if you think something needs improving

What women have said about befriending

"My befriender was a great person and it was a place where they listened to me"

"I'm thankful to Bramber Bakehouse who gave me this opportunity, it really helped me be more connected, active and be positive. I truly recommend to others"

"Having somebody that would ask about my hobbies made me feel happier to engage in them and find myself again"

Steps to accessing The Connections 121 Befriending Service

Step 1

Self-referral form:

Complete the online self-referral form.
Please contact us if you require support to complete.

Step 2

Service Introduction Meeting:

You will be invited to an informal online meeting with the Programme Lead to discuss the service, your needs and any match preferences.

Step 3

Match Introduction Meeting:

When a suitable befriender has been identified you will be introduced via a 3-way meeting with the Programme Lead before deciding if you want to go ahead.

Step 4

Befriending Support Sessions:

You will be offered up to 12 befriending sessions with your befriender, scheduled at a mutually convenient time.

Getting in touch

If you are interested in befriending or have any questions:

0333 344 7532

befriending@bramberbakehouse.co.uk

bramberbakehouse.co.uk