

Blether Buddy

BEFRIENDING SERVICE



London can be a lonely place - but it doesn't have to be.

ScotsCare Blether Buddy Befriending Service is here to help.

ScotsCare 
The charity for Scots in London



“When I first applied I was expecting a very formal experience. I have been surprised at how positive the whole experience has been and I always look forward to seeing my Blether Buddy. I really enjoy our weekly chats over coffee and cake”

What do Blether Buddies do?

Blether Buddies can meet you on a regular basis, usually once a week, for a friendly chat at your home or over the phone. Or if you prefer to go out and about, they can accompany you on outings in your local community. Basically, they provide a friendly, non-judgemental listening ear, conversation and companionship.

Blether Buddies are ordinary people just like you, who volunteer their free time to help Scots and their families who live in and around the London area. They are carefully selected, receive training, provide references and go through a police check.

Is there a charge for this service?

No, this service is free for ScotsCare clients and we cover all the volunteers' expenses for travel and refreshments.

“I really look forward to seeing my Buddy each week and getting out of the house. Because of my anxiety, I find this very difficult to do on my own”

Is the service confidential?

Definitely. The only time we ask our volunteers to share information with us is when they have any concerns about your general wellbeing.

How long can I have a Buddy for?

We ask volunteers to commit to at least 6 months, after which we periodically review the service with you and your Buddy and if you both agree to continue, that's something we will support.

How do I request a Blether Buddy?

We accept both self and third party referrals.

Simply call our **FREEPHONE** helpline **0800 652 2989** to request an application form.

If you would like to refer someone else to the service, you will need to complete a Blether Buddy Referral form and you must have their permission to do so. After that, we'll be in touch to arrange a time to meet up, to discuss individual interests and needs.

“My Buddy is my lifeline, taking the monotony out of sitting between four walls”

Who is this service for?

Adults of all ages who fit into ScotsCare's general eligibility criteria.

Unfortunately we are unable to provide face to face befrienders for individuals who:

- ❖ Have a serious mental health condition, alcohol or drug addiction
- ❖ Are bedbound
- ❖ Are unable to remember and keep appointments
- ❖ Are unable to form a rewarding relationship with a volunteer

In some of these cases a telephone befriender may be allocated.

Volunteers also needed!

As this service relies on the availability of volunteers, we are often looking for new Blether Buddies to join our friendly community.

If you have a few hours to spare each week and can commit for at least 6 months, we'd love to hear from you. For more information or to request an application pack, please contact our Volunteer Coordinator on **0207 240 3718** or email volunteering@scotscare.com



“There was a period where I was finding it hard to cope with health matters, my Buddy made it so much easier. Thank you, thank you very much”

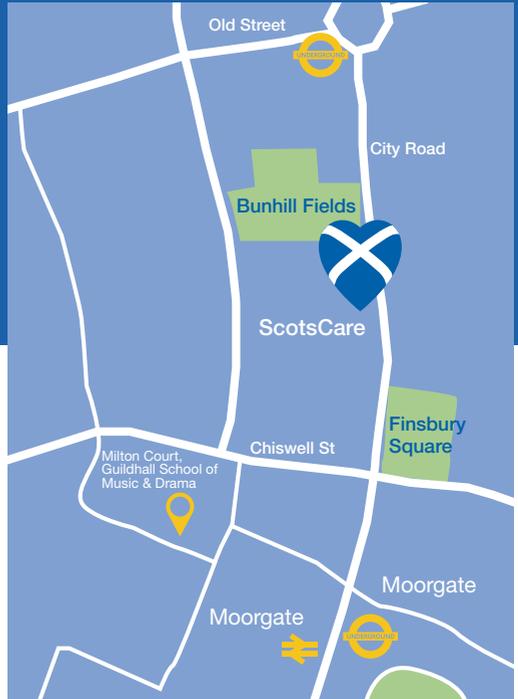
Contact details:
volunteering@scotscare.com



ScotsCare is here to help you



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