

What does being a Befriender involve?



What is a befriender?

A befriender is a trusted adult giving friendship to a child needing support. The child might be struggling with anxiety, isolation, lack of confidence or need respite from a difficult home situation. Befrienders give the gift of time regularly and consistently so the child can build trust and strategies to look forward to a more positive future.

How much time do I have to commit?

You need to be able to commit to regular two-hours visits over the course of a year. The visits usually take place weekly.

Where and when will I see the child?

It's common for befrienders to meet the child after school. Alternatively, you can meet the child at the weekend if that suits you and the child best. The timing of visits may vary slightly, especially over school holidays where different activities are available that the child may like to try. Visits usually involve simple activities like going to the park, walking the dog, having hot chocolate at a café, playing games or doing craft activities etc. The choice is yours!

Will my costs be covered?

Generally our volunteers find cheap or free activities to do, however your travel and parking expenses during visits can be claimed back.

What experience do I need?

You don't need any formal experience to become a befriender just kindness, empathy, good listening skills and most of all you need to enjoy spending time with children. We have a minimum age restriction of 23 but no maximum. If you are fit and healthy and can keep up with a young person then we would be very happy to hear from you.

How do I become a befriender?

If you feel you could be a befriender, let us know! You can fill in an application form now or chat to us first to ask any questions you have. Once we have your application, we will discuss it with you and, if the role seems to be a good match for you, we will invite you to an in-person meeting at our office to discuss it further. As part of the application process, we will take references and you will need a clear enhanced DBS check, which we can apply for.

What training do I need?

Once your application has been accepted you will be invited to our two-day training course that will equip you with the tools and confidence to undertake the role. Before you attend our training course, we will also ask you to complete an online safeguarding course with the NSPCC.

What support will I get?

Once trained you are ready to be matched with a child and you will receive regular supervision from our Befriending Manager, who is also available for you to contact anytime if you have a concern.

Want to know more? We'd love to hear from you!

01962 864466 - volunteer@fotfwinchester.org - www.fotfwinchester.org