

## Types of befriending:

- Telephone Befriending
- Standard Befriending – 1 hr visit to your home
- Befriending+ Service - tailored befriending, for example: activity sessions, visits out or shopping

## Reason for Costs:

- Please note that in order for the scheme to be viable and sustainable a charge is in place to cover volunteer and scheme expenses.

## Telephone Befriending:

- £3 per week (1 call per week)
- £5 per week (2 calls per week)

## Standard Befriending:

- 1 hour companionship home visit £8
- Covers mileage expense of volunteer to client's home

## Befriending + Service:

- 2 hr home visit / activity session £12
- Visit out: £12 for 1 hour
- Visit out: £15 for 2 hours
- Visit out: £18 for 3 hours
- Covers mileage up to 12 miles round trip
- Can be used for activities like shopping, visiting coffee shops, museums, garden centres, activity sessions etc.
- Entry fees/refreshments/additional mileage not included.



## Benefits of Befriending:

- Those experiencing loneliness and isolation develop personal friendships and positive relationships
- They are able to share worries and concerns and reduce mental distress and anxiety
- People have fun and social interaction, enabling them to maintain social skills and reduce demands on family carers
- Isolated and vulnerable people receive regular supportive monitoring and developing situations are monitored and appropriate intervention requested
- Extra support for carers and peace of mind for family members

**If you require further information please contact 01433 620263**

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