

Bolton Adult Autism Support is an organisation that provides advice and support services to parents and carers of adult children (18 plus) who have or think they may have an Autism Spectrum Condition and who may also have ADHD and/or OCD.



Befriending Plus



BAAS is working hard with Bolton Council to help make Bolton an autism friendly town.



Bolton Adult Autism Support is a registered charity, number 11562560 and is proud to have as its patron, Sir David Crausby MP

Our Befriending Co-ordinator and all our volunteers have a current DBS Certificate



“This project is supported by the Bolton Transformation Fund, supporting innovation across health and care”.

What is the BAAS Befriending Service?

The BAAS Befriending Service provides one to one support and friendship by matching you with a volunteer Befriender. These volunteers from various backgrounds are carefully selected and trained. They can help you access social activities and groups of your choice within the community, things and places that you may not be able to do or go to on your own because of isolation or lack of confidence.

What does the Befriending Service do?

The BAAS Befriending service offers support to people 18 plus who have or think they may have an autism spectrum condition. The service involves matching up a volunteer with a befriender (you) who wants to gain confidence in everyday tasks. For example; going on a journey by public transport, going to a pub or coffee shop, accessing social activities, such as going to a football match; going to play snooker; visiting the cinema or a museum/art gallery. The BAAS Befriending service also provides support in gaining life skills such as cooking a basic but nourishing meal, shopping, basic money management and using the services of a bank.

At the heart of the service is support and friendship; helping you gain confidence. The Service also aims to help you realise your aspirations, some of which you may have been prevented from doing because of isolation, loneliness and lack of confidence. We want to help you reach your potential.

How exactly does the Befriending Service work?

The BAAS Befriending service works by matching you with a volunteer Befriender who will provide support and friendship to help you to do things that you want to do; helping you overcome shyness, loneliness and assist in building confidence.

What is a Befriender?

A Befriender is a volunteer who is trained, managed and supported by BAAS, an organisation that helps to provide support in the wider community.

If you or your family think you would like a Befriender to:

- Help you overcome isolation
- Make new friends
- Help you overcome loneliness
- Learn new skills
- Help you to access new activities or new groups in the community
- Building on your existing strengths

Then ring Rachel, our Befriending Co-ordinator on 07444 152445.

Alternatively, email your interest/request to –

rachel@boltonadulthoodautismsupport.org.uk

and we will respond to your message as soon as possible.

What happens next?

After an initial meeting between you, your parents/carer and our Befriending Co-ordinator, you will then have a further meeting with the Befriending Co-ordinator and be introduced to a volunteer Befriender. Together they will listen to you and your parents/carer to find out what you like to do. It may simply be that you want support to go to a coffee shop or do some shopping with your volunteer. That's fine. However, you might want to do more and set goals that, step by step, enable you to achieve more ambitious aspirations such as achieving skills in a sport or enrolling on an educational course.

“You **B**ring the **A**mbition **A**nd we'll supply the **S**upport”

