



What can you expect when using the BAAS befriending service?

What is the service?

Our service offers to find you a trained volunteer befriender from the Bolton area. As part of their role they will support you emotionally and encourage you to develop the life skills you feel are important to you. They will be able to spend up to 2 hours a week with you and in that time can accompany you to appointments or social events, be someone to talk to, or help you achieve goals which you decide upon.



What are the benefits?

It can be hard to find someone to spend time with, someone to accompany you to the places you need to go, or just someone you can talk to. We are a person-centred service, so the emphasis is upon you and what you want to gain from the service. This might be a befriender helping you learn to cook, it might be a befriender to accompany you somewhere, like a library, or museum, once a week, or it might just be a befriender to walk around the supermarket with you whilst you do your weekly food shop. Whatever you need from the service, our befriending coordinator can chat with you to see if we can do it!

Using our befriending service can help you maintain a good sense of wellbeing and mental health as well as increasing your independence and lowering isolation.



Our befriending coordinator will spend time getting to know you so we are able to match you to the befriender who has the most in common with you. This will help nurture your relationship to help you gain the best possible rapport from the start.

Rachel Nelmes
Befriending Co-ordinator
Bolton Adult Autism Support
Email: rachel@boltonadultautismsupport
Tel: 07444152445

Registered Office: Thicketford Care and Community Centre, Thicketford Road, Bolton BL2 2LW

Full members of Bolton Community and Voluntary Services
Working in partnership with organisations which include Bolton Council, Bolton CVS, NAS, ASGMA, GMPA and Breaking Barriers/ABAG

This charity is an independent voluntary organisation **Charity Register No. 1162560**

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