



Is a befriender someone you think your loved one would benefit from?

It is sometimes hard when you are a parent or carer for an autistic person. You can feel very alone dealing with the difficulties that can come along with autism. Added onto that, you are still a parent /carer, which doesn't come with a manual either!



That's why at BAAS we have set up a befriending service where your loved one can achieve the independence and freedom they may crave but also be supported from a trained befriender. This gives you not only some time and space to yourself, but you can be assured that your loved one is being supported, respected and understood in a way that is increasing their independence and self-confidence, all whilst aiming towards achieving self-directed goals and aspirations.

What is the service?



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

What are the benefits?

We are a person-centred service, so the emphasis is upon what you and your loved one want to gain from the service. It might be you want a befriender to help them to learn to cook, or to accompany them somewhere, like a library, or museum; we encourage self-directed goals within our support. Whatever you need from the service, our befriending coordinator will chat with the family to see if we can do it!

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



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Working in partnership with organisations which include Bolton Council, Bolton CVS, NAS, ASGMA, GMPA and Breaking Barriers/ABAG

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