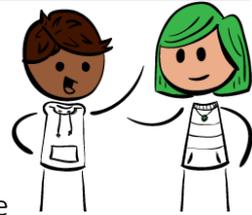


What to expect from becoming a Befriending Volunteer with BAAS

What?

Our Befriending service matches volunteers up with autistic individuals in the Bolton area to promote their independence, increase their social interaction, maybe learn new skills, develop friendships and empower the individual by valuing them for who they are!



Who?

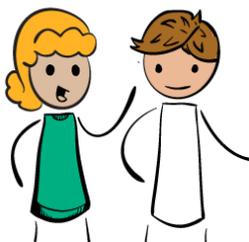
Using your caring nature and skills of empathy you can make the difference in the life of our befriendeds reducing isolation and loneliness and replacing it with friendship and positivity. Befrienders come from all different backgrounds, races and religions. Some have befriending experience, some are students or retired members of the public...it doesn't matter. All we need is for you to have the motivation and ability to create a relationship with your befriended.

What does a befriender do?

Our co-ordinator will spend time getting to know both the volunteers and befriendeds to uncover likes and interests so you will be paired with the best possible match. After matching your interests with the interests of the befriended you will be;

- Valuing and respecting your befriended
- Supporting your befriended through life challenges
- Exploring what your befriended wants in order to achieve their aspirations
- Help them maintain a feeling of well being
- Listening to your befriended to help identify self-led goals
- Taking time to get to know each other and foster a valued relationship

Although a befriender may do all of the above, they are not a substitute social worker, counsellor or home help, you will get professional training to help you to manage these boundaries and how to signpost your befriended if you are concerned about anything.



Rachel Nelmes
Befriending Co-ordinator
Bolton Adult Autism Support
Email: rachel@boltonadultautismsupport.org.uk
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**



So what is in it for you?

Yes, befriending is great for the befriended. It helps increase personal independence, encourages empowerment, develops life skills and hopefully creates meaningful relationships. But what do you, the befriender, get out of it?

Upwards of 68% of individuals who volunteered in the past 12 months said that volunteering made them feel physically healthier.

29% of volunteers who live with a chronic condition report that volunteering has helped them manage their illness.

89% of volunteers agree that volunteering improved their sense of well-being.

73% of volunteers feel that volunteering decreased their stress levels.

92% of volunteers agree that volunteering enriches their own 'sense of purpose' in life.

(UnitedHealthcare, 2017)

You will also learn **new skills**, improve your **employability**,
Attend **professional training** and participate in **new experiences**.

Duties and responsibilities of Volunteer Befriender:

- To provide a supportive relationship with befriended helping to improve their confidence and independence;
- To support a befriended with participating in community life and accessing planned activities, e.g. attending a community café;
- To visit the befriended on times agreed (usually up to 2 hours on a weekly basis); being consistent and reliable
- To maintain your position of trust and build a one to one relationships whilst always adhering to the appropriate boundaries outlined within the BAAS project i.e. policies, procedures and safety requirements;
- To respect befriended's wishes and help them to become more independent;
- To work within a non-discriminatory boundary;



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