

How Can You Help?

- Become a Volunteer Befriender
- Become part of the Management Committee
- Help raise funds/make donations

For more information, please contact one of the offices on the back of this leaflet.

How do you refer?

The first step is to contact us. If appropriate, we will send a referral form.

Befriending works best when both the young person and the parents are on board, and when the referrer knows the young person well and can attend befriending review meetings.

We would love to be able to accept all children and young people referred to our service. However, we are not equipped to work with those who have extremely challenging behaviours, severe learning or physical disabilities or who require personal care.

We are an early intervention service, not a crisis service.

Contact us:



Dumfries Office
19 Bank Street
Dumfries
DG1 2NX
Tel: 01387 247812

Newton Stewart Office
4 Dashwood Square
Newton Stewart
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Tel: 01671 403690

projectoffice@befriending.org



www.befriending.org

 D&G Befriending Project
 @dgbefriendingproject

Supported by:



**An award winning local charity
giving short term support to
8 to 18 year olds**



***Supporting young people to
reach their potential, through a
trusting relationship***



Who Are We?

We are an early intervention service which exists to promote the wellbeing of young people, aged 8-18, by encouraging successful transitions at difficult periods in their lives, building social networks and offering a range of coping strategies.



This is done through one-to-one befriending of a young person with an accredited adult enjoying community based activities.

A Befriender spends time with a young person, listening, encouraging and sharing fun experiences with them.

Together, they spend a few hours a week - enjoying an activity, chatting and generally 'having fun'.



Who Do We Support?

We support and enrich the lives of young people across Dumfries & Galloway, through befriending.

Young people referred to the Project may be:

- Going through a rough patch
- Isolated
- Unable to access social activities
- Affected by the lifestyle of other family members
- Affected by bullying or other problems at school
- A young carer
- Needing someone to talk to



What Can We Offer Young People?

Befriending can make a huge difference to a young person's life. It aims to boost confidence and improve life opportunities by:

- Developing trust between a young person and an adult.
- Providing an independent, non-judgemental adult to talk to confidentially - someone outwith the family.
- Offering regular time with a reliable person, who will provide consistency.
- Allowing young people to have fun in a relaxed atmosphere.
- Offering an opportunity to try out different activities and learn new skills.
- Channelling energies in a positive direction.
- Encouraging development of their skills and expansion of their horizons.

The contents of this information leaflet can be translated to another language, or run off in larger print, if needed.