

## How Can You Help?

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

## Referral Process

The first step is to contact us to discuss a potential referral.

Befriending works best when the young person and parents/carers are on board.

The referrer needs to know the young person well and attend regular befriending review meetings.

We would love to be able to accept all 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.

For more information contact us:  
[@dgbefriendingproject](https://www.dgbefriendingproject.org)

## Contact us:

### Dumfries Office

19 Bank Street  
Dumfries  
DG1 2NX  
Tel: 01387 247812

### Newton Stewart Office

4 Dashwood Square  
Newton Stewart  
DG8 6EQ  
Tel: 01671 403690

[projectoffice@befriending.org](mailto:projectoffice@befriending.org)



[www.befriending.org](http://www.befriending.org)



D&G Befriending Project

[@dgbefriendingproject](https://www.instagram.com/dgbefriendingproject)

## Supported by:



**An award winning local charity  
Enriching the lives of young  
people aged 8 to 18 years  
old by building a trusting  
relationship**



## Who Are We?

We are an early intervention service that promotes the health and wellbeing of young people aged 8-18, by engaging with 1-1 support at difficult periods in their lives.



Our volunteer Befrienders spend quality time with their 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.