

# ***Kirklees***



# ***Befriending Service***



*A life without limits for  
the people we support*

# *Kirklees Befriending Service*

Kirklees Befriending Service works with volunteer befrienders to provide social and emotional support to adults with a diagnosed mild to moderate mental health difficulty.

Volunteers offer one-to-one support, providing encouragement and companionship to people who want to be more involved in their community. This can include anything from a visit to the local supermarket to joining an activity group. Clients decide what they want to do and their befriender will support them to achieve this.

The service is open to people over the age of 18, who are referred into the service by professionals including Community Mental Health Teams and Social Prescribers.

We are based in Dewsbury but our befrienders support clients across the whole of Kirklees.



[www.st-annes.org.uk](http://www.st-annes.org.uk)



# How it works

- **Step One: Referral**

Clients are referred to the Befriending Service by a professional who is currently supporting them. This could include a Mental Health Worker, Social Prescriber or a Housing Support Worker.

- **Step Two: Assessment**

Once we receive the referral, clients are contacted by a member of our staff team to arrange a meeting; this is usually a home visit but can take place in the community. It is an opportunity for clients to tell us about the support they would like from a befriender and the changes they want to make.

- **Step Three: Match**

Clients are matched with a befriender. Our befrienders are all volunteers and they provide one-to-one support to a client for a period of 6-12 months. Befriending usually takes place every other week for 1-2 hours, depending on the activity. Befriending can take place in person or on the telephone.



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## How it works

- **Step four: Wellbeing Plan**

Clients are supported by staff to create their own Wellbeing Plan, based on the changes they want to make and the goals they want to achieve. These can include activities such as going for short walks, meeting for coffee and a chat, visiting the local library or sports centre or joining an activity group, etc.

- **Step five: Ongoing Support**

Befrienders support the client to put their Wellbeing Plan into action. Throughout the befriending partnership, clients also have the support of a Befriending Co-ordinator who will check in to see how things are going.

Befriending helps to build confidence, reduce isolation and connect people with their local community.



# Supporting Wellbeing

Our volunteer befrienders support people with a wide range of activities to support their mental health.



## ***Feel connected***

Feel more confident meeting new people



## ***Community***

Find out what's on offer in the local area



## ***Keep learning***

New places, experiences and opportunities



## ***Get involved***

Join a group, get to know the neighbourhood, volunteer



## ***Sport***

Go for a walk, visit the sports centre



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# Our Team

## **Staff**

Kirklees Befriending Service has a small staff team based in Dewsbury. They are the first point of contact for referrers, clients and volunteers. They support clients and volunteers throughout the befriending process.

## **Volunteers**

Our befrienders are all volunteers. They come from all walks of life, with a wide a range of interests and experiences.

All DBS checked volunteers complete Induction Training before they are matched with a client and they have access to ongoing training to support them as a befriender. They are supervised by a member of staff.

Volunteers support clients on a one-to-one basis. Together they will focus on the needs of the client and the things they want to do. They usually work with a client for a period of 6-12 months.

We are always happy to hear from people who are interested in volunteering as a befriender.



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## Choosing St Anne's

We are one of the North of England's leading person-centred charities. We offer a wide range of services including; supported living, residential and nursing care, outreach and domiciliary care, respite and day services, Shared Lives, homeless hostels, and crisis hubs, as well as community drugs and alcohol services and residential detox and rehabilitation.

As a Registered Housing Provider, we also offer supported housing and intensive housing management services.

## Our Values

Our values support everything we do:



Person Centred



Respectful



Open



Understanding



Dedicated



[www.st-annes.org.uk](http://www.st-annes.org.uk)

## Contact

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For the Befriending Service:  
[www.st-annes.org.uk/skills-and-services/our-leading-services/befriending/](http://www.st-annes.org.uk/skills-and-services/our-leading-services/befriending/)

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