

# **Pulborough Befriends**

## **About Pulborough Befriends**

We offer reliable and supportive relationships through Volunteer Friends to people who feeling lonely or are socially isolated.

We visit people in their home or arrange to meet them in the community. We do not impose any time limitations on the service we provide, and relationships are encouraged to continue for as long as the person we are visiting, and their Volunteer Friend, wish it to.

## **What do our Volunteer Friends do?**

Volunteer Friends are carefully matched with the people we visit and seek to build and develop a friendship through regular visits or phone calls.

Visits are usually weekly and last about an hour and could involve having a cup of tea and a chat, reading aloud, playing games or cards or they might go out for walks, attend a local group or activity or do some shopping together.

An important role of all our Volunteer Friends is to look out for the person they visit and to highlight any concerns that may arise.

## **How much does it cost?**

The service is funded by the Pulborough & District Community Care Association (a registered charity), and we do not make any charge for the service to the people we visit, although any donations are very much appreciated.

## **Are Volunteer Friends vetted and checked?**

All our Volunteer Friends are assessed against a detailed role description and go through a thorough recruitment process which includes an interview, a criminal records bureau check and two references.

Volunteer Friends can be adults of any age, background and skillset and they complete a full induction programme. All our Volunteer Friends are supported and supervised by our project co-ordinator.

## **Who can be referred to our Visiting and Befriending Service?**

We are accepting referrals from Pulborough Medical Group and The Glebe Surgery for people who are feeling lonely or are socially isolated, who live in Pulborough or the surrounding villages and are over 18 years old.

However, if you wish to self-refer or refer someone directly, please read this leaflet carefully and then contact our Project Co-ordinator who will discuss the service we are able to offer with you.

## **What don't our Volunteer Friends do?**

Our Volunteer Friends cannot help with domestic chores, personal care or maintenance tasks.

Volunteer Friends can assist people to the shops but do not undertake shopping on behalf of the people we support.

Volunteer Friends cannot support with the administration of prescription medication or the collection of pension or other financial payments.

Volunteer Friends do not provide a transport service.

## **Who should not be referred to Pulborough Befriends?**

We can only accept referrals of people who are able to engage effectively and appropriately with a Volunteer Friend. This means we are unlikely to be able to accept referrals for people who:

- have a severe memory impairment or an advanced dementia diagnosis
- have complex mental health needs
- are unable to engage in verbal communication
- are drug or alcohol dependent

**For more information please contact Lynn our Project Co-ordinator at [Lynn@pdcca.org.uk](mailto:Lynn@pdcca.org.uk) or call 07305 020595 (please leave a message).**

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**Pulborough and District Community Care Association**

*Building bridges in our community since 1966*

**[www.pdcca.org.uk](http://www.pdcca.org.uk)**

Registered Charity No: 292359