



What is Befriending for Wellbeing?

A friendly service for anyone looking for regular companionship, conversation and laughs, hobbies/activities, respite breaks, a listening ear or practical support with day to day living.

Befriending can boost wellbeing and be of benefit for anyone.

What does it include?

Friendship with a befriender who is reliable and led by you and your needs or aspirations when planning your time together.

More information overleaf.



Booking a Befriender

Weekly or every other week befriending opportunities are available Monday to Friday, 9am-5pm (except bank holidays) in Gloucester, Stroud, Dursley, Wotton, the Severn Vale and all surrounding areas.

Regular bookings can be made for between 2 to 6 hours.

Contact Us:



**gloucestershire@
guideposts.org.uk**



**01452 529697 or
07971 678396**



www.guideposts.org.uk

Here are some examples of what Befriending for Wellbeing can offer, but if there is something that you would like to do, just let us know.

Just for you

- 'Me Time' treats & fun
- Discussions and chats
- Craft/hobby activities
- Board games/jigsaw
- Hair wash & blow dry
- Music enjoyment
- Book reading
- Cooking/gardening for pleasure
- Time to Talk: caring, mental health, bereavement

Carer respite 'time for you'

- Companionship for someone you care for when you can't be there
- Dementia friendly activities for the person you care for
- Activities for adults with mild to moderate learning disabilities

Out and about

- Accompany a first time visit to a club
- Local walks or other social activities
- Shopping



Self development

- Digital/online skills coaching
- Zoom activities
- How to use a mobile phone



Practical support

- Sensory loss assistance: read mail or news, phone calls, book appointments, help with paperwork
- Light household cleaning/laundry/meal preparation
- Connecting you with information or other types of support