

CONFIDENTIALITY

Any information disclosed will be treated with discretion by the TRIP Team. We will not pass on information to anyone outside the Team without the Client’s permission, unless we are concerned about their welfare or the welfare of others.

I agree to my personal data being held for this purpose.

Signed:

If you are interested making a donation or being a Volunteer, or if you know of anyone who may benefit from our service please complete and return the slip below.

Name:

Tel:

email:

- I am interested in being a Befriender.
- I am interested in being visited.
- I wish to make a donation.

Name:

Address:

.....

Tel:

Our other services explained

TRIP Ride & Ride - A door to door easy access minibus service for people of all ages who are rurally isolated, for older people and for those with limited mobility. This provides shopping trips, longer outings and days out at weekends. The driver will help carry the shopping to the house.

TRIP Cars - Transport using volunteer drivers to take you to medical appointments either locally, Exeter or further afield. Serving GP surgeries, hospitals, dentists, opticians, chiropodists and other medical appointments.

TRIP Wheels - Wheelchair friendly and easy access transport taking less mobile people to medical and social appointments wherever they need to go.

TRIP Equipment - A comprehensive range of equipment and daily living aids to make life easier in stock or for order.

TRIP Mobility - New and used mobility equipment for sale or hire plus servicing and repairs, batteries and tyres.

TRIP Info - Impartial information and advice on transport and other issues plus signposting to other providers.



**TRIP
BEFRIENDING**

part of
TRIP Community Transport

Providing companionship and support in Honiton and surrounding villages

TRIP Befriending Service
29-31 New Street
Honiton EX14 1HA

Tel: 01404 43969
Mobile: 07841 525646

befriending@tripcta.org

A history of befriending at TRIP

Volunteers at TRIP Community Transport observed a need for a befriending organisation to assist some of the more vulnerable users of their services. Following a survey of users of the Voluntary Car and Ring & Ride Services, we then set up ACORN's Befriending to provide companionship and social opportunities within our community.

Who we help

The people we help are socially isolated due to their circumstances. They may have spent some time in hospital or lost a loved one and are finding life hard to cope with on their own. Our clients and/or family members contact us directly, or are referred via local professionals such as social care, GPs and Health Workers.

Loneliness and isolation are medical as well as social problems. Many people living alone suffer some depression and sometimes reduced confidence, along with whatever physical problems they may have.

What we do

Once our trained volunteers (befrienders) are introduced to the clients (befriended) the volunteer will then visit regularly. The purpose of our service is to help to reintegrate our clients into the local community by introducing them to activities and like minded people wherever possible or just be a friend. Our aim is to simply help make life more interesting and enjoyable.

How it works

- Initial contact is made by self-referral, or by a family member or professional (with client's consent).
- The TRIP Befriending Co-ordinator arranges to visit and discuss what the client's needs are.
- They will also will visit a second time to introduce a suitable volunteer befriender to the new client. Further visits will be arranged as necessary.
- Following this initial introduction TRIP will speak with both the client and volunteer to ensure that they are both happy with the introduction.
- If both are happy to proceed, regular visits will be arranged either directly or via TRIP if preferred.
- We try very hard to introduce people with similar interests.
- Our TRIP Befriending Coordinator, Janine, is just a phone call or an email away for support.



About our Volunteer Befrienders

Our Befrienders are just ordinary people, who are happy to share some time each week with a Befriended. Learning to enjoy each other's company, the volunteers talk to, go out with and meet up with their Befriendeds. In other words, be a 'friend'.

Volunteers do not:-

- accept gifts
- do household chores
- provide personal care
- do shopping (although befrienders may be happy to accompany clients to the shops).

Each individual (volunteer and befriended) is responsible for their own expenses (tea, meals etc). TRIP pay mileage expenses.

All our Volunteer Befrienders are trained and DBS (Disclosure & Barring Scheme) checked.

If you would like any further information please contact us either by telephone or email or by completing and returning the form overleaf.

Any assistance you feel you could give TRIP BEFRIENDING would make it possible for another person to be closer to a life without loneliness.