

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 service to assist some of the more socially isolated users of the Transport service. Our Befriending service was set up 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 or are perhaps new to the area and would like to make a friend. 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 can impact physical and emotional wellbeing. Many people living alone can suffer increased anxiety at the prospect of socialising, which can result in reduced confidence. Physical mobility problems can also increase a sense of loneliness and isolation.

What we do

Once our trained volunteers (Befrienders) are introduced to the clients (Befriendees) the volunteer will then visit or telephone regularly. The purpose of our service is to help our clients by introducing them to activities and similarly like-minded people wherever possible, or to just have a friend. Our aim is to simply help make life more interesting and enjoyable.

How it works

- Anybody can ask for a Befriender by contacting the Befriending Coordinator using the email/mobile number on the front of the leaflet. Referrals can also be made by a family member or professional if the person has provided consent.
- Our Befriending Co-ordinator telephones /visits to discuss interests/hobbies and how having a new Befriender could help.
- They then introduce a suitable volunteer Befriender. Further visits/telephone calls will be arranged, as necessary.
- Following the initial introduction TRIP will speak with the Befriendees and Befriender to ensure that they are both happy with the introduction.
- If both are happy to proceed, regular calls/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, Lorrie Wilson, is happy to help with any queries.

About our Volunteer Befrienders

Our Befrienders come from all walks of life and are happy to share some time each week with a Befriendees. Learning to enjoy each other's company and conversation. Where and whenever possible Befrienders can also arrange to go out with and meet up with their Befriendees. In other words, be a 'friend'.

Volunteers are not permitted to: -

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

Both volunteers and befriendees are responsible for their own expenses (tea, meals etc). TRIP pay mileage expenses.

All our Volunteer Befrienders are trained and DBS (Disclosure & Baring 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.

