

ShIPLEY Area Links Befriending Service

ShIPLEY Area Links started in 2009 and was relaunched in 2016 with funding from the Big Lottery Fund.

It is run by two experienced local organisations: HALE and ShIPLEY and Bingley Voluntary Service, who offer a variety of services and activities in and around Bingley and ShIPLEY.

The SAL service includes Citizen Advocates who can support you to explore options and help access services to maintain Independence and wellbeing. See our advocacy leaflet for more details.

Our service works with the Bradford and District Befriending

This service is
FREE



For more information about referrals, or to volunteer with ShIPLEY Area Links, contact:

Baildon, ShIPLEY, Windhill, Wrose, Nab Wood and Frizinghall

Lesley Danson - Referrals
Senta Romero - Volunteers

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Bingley & Bingley rural, Crossflatts, Cottingley, Eldwick, Gilstead and Cullingworth

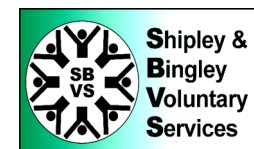
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Befriending

Say "Hello" to a new friend...



Charity No. 1123542

Charity No. 1070852

Volunteer Befrienders

Active, friendly people who are good listeners, aged over 18 and can spare an hour a week in their local area.



They contact Shipley Area Links, meet a Befriending Co-ordinator and complete an application form.



Volunteers are police checked, provide references and attend a training session.



Befrienders are introduced to a person to visit or call.



All members receive on-going support, including expenses, from the Co-ordinator, plus invitations to social events and further training opportunities.

What is Befriending?

Befriending matches someone who would like company with a trained volunteer who will visit them, telephone or go for short walks to improve mobility.

A weekly contact could be for:

- A cup of tea and a chat
- A short stroll
- A game of cards or chess
- A phone call for support and general conversation

It's up to you!



“My befriender is my friend despite the age gap, we have lots in common and lots to talk about.”

Befriender Hosts

An older person, who seldom goes out through ill health, disability or lack of confidence and doesn't see much of friends or relatives.



A referral into the scheme's waiting list can be made by someone involved in their care, including family, or they may refer themselves.



A Befriending Co-ordinator will visit them at home to assess their needs and interests. They will keep in touch during the interim.



When a suitable volunteer is found, the Co-ordinator will match the Befriender to the Befriender at an introductory visit



The team will be available to monitor and support members as well as arrange occasional get togethers