



HALE

Health Action Local Engagement
Healthy Living Project

Your local charity
Supporting local people

Befriending Stories

Brenda's Story

Brenda lives alone and has advanced memory problems. She finds it very difficult to engage in conversation. Her family were very concerned about her level of isolation but knew she would be highly reluctant to join a group or activity. She had been a lollipop lady for many years and loved children. We matched her with a young mum who took her baby to see Brenda every week so that the focus would be on the baby and there would be less pressure on conversation. Brenda's family were amazed that she was able to remember and talk about her Befrienders visits, as this is something they were sure she would not have been able to do. Brenda attended the Befriending Christmas meal, at the Christmas meal a choir attended singing popular carols. She sang to every single song and on the way home she said ***"how nice it was to go out with a big group of friends like that!"***

Derek's Story

Derek lives alone and has had a stroke. As such his mobility and speech isn't as good as it once was. Derek has lost social contacts because he cannot travel to the football matches and clubs that he used to go to. Derek was matched up with a Befriender that shared interest in sports. Derek is a determined individual with his main goal being that he will be able to go back to watching the football matches like he used to be able to do before his stroke. Derek appreciates the service and says ***"It makes a change. I can talk to someone on my level"*** He is happy to chat with his Befriender about anything, be it sports related or otherwise.

Sadia's Story

An Advocate visited Sadia and identified that she was struggling to meet her care and personal needs and she was anxious to ask for what she wanted. The Advocate explained to Sadia the options available to her so she can make an informed decision. Through enabling Sadia to decide for herself what she would like she accessed services previously not available to her. The Advocate enabled Sadia to voice her views with her social worker and a care package was put in place. During evaluation at the end of the service Sadia explained that the Advocate enabled her to plan her future care and has given her the confidence to be able to live and cope on her own.

Peter's Story

Peter has dementia, so can't remember much short term. Our Specialist Befriender visited Peter and encouraged him to go out and mix with others with their support. Peter's family said that he hasn't wanted to go out with anyone but them for years, he goes out a couple of times a month. Recently Peter told his family that he wished he'd have done it years ago. Through the support Peter receives he is gaining confidence and sparks up conversations with others and now receives visits from a Volunteer Befriender. Peter's family commented that ***"The Befriender Volunteer is wonderful and kind, and takes him for walks and coffees, and always keeps us informed of where they've been and how he was. I appreciate all that Hale has done and continues to do"***.