

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 Community Action Bradford, 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.

Our service works with Bradford District Befriending Network and is Approved by National Council for Voluntary Organisations.

This service is
FREE



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

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

Lesley Danson - Referrals
Senta Romero - Volunteers

HALE
1 Westgate
ShIPLEY
BD18 3QX



Tel: 01274 271088
Lesley Mobile: 07903 098523
Email: lesley@haleproject.org.uk
senta@haleproject.org.uk
Website: www.haleproject.org.uk

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

Joy Mills
Community Action Bradford &
District
Cardigan House,
Ferncliffe Road,
Bingley, BD16 2TA



Tel: 01274 781222
Mobile: 07535 046904
Email: joym@cabad.org.uk
Website: www.cabad.org.uk

Befriending

Say "Hello" to a new friend...



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.