



MIND THE GAP

Our Mind The Gap befriending programme offers supportive and reliable relationships through volunteer befrienders to people who would otherwise be socially isolated or could benefit from a mentor. This project focuses on bringing younger and senior people together to break down barriers and find out what they have in common in a fun, safe and interactive way.

The results of befriending can be very significant. Befriending often provides people with a new direction in life, opens a range of activities and leads to increased self-esteem and self-confidence.

ACTIVITY IDEAS



A NEW RESTAURANT OR RECIPE



SIGHTSEEING OR BOAT RIDE



HEALTH & FITNESS



THE FARMERS' MARKET OR MUSEUM



CINEMA OR THEATRE



BEAUTY TREATMENTS OR YOGA



AQUARIUMS OR ZOO



PARKS OR NATURE WALKS



A COURSE OR NEW SKILL



WHY BECOME A BEFRIENDER?

By signing up to become a befriender, you are joining a national mission to reduce social isolation and loneliness amongst our communities and guide the younger generation.

Regular social interaction can help to build confidence, self-esteem and structure for someone, among many other positive outcomes.

ACTIVITIES

All our activities are funded by the Mind the Gap project. This includes free training and all befriending expenses reimbursed.

WHAT DOES IT INVOLVE?

Each befriending partnership will last for 12 weeks whereby the young and senior person will connect on a weekly basis (and more if they wish to do so). The way they connect is up to each partnership. This can be a telephone call, meeting up for coffee, meal, visiting different heritage sites, a walk in the park, museum or any activity that is acceptable within the partnership and within the financial budget assigned to each session.

Each befriender will complete initial registration, interview and DBS disclosure. You will also have the opportunity to attend mental health and person centred counselling skills training to help you become the best befriender you can be!

WHAT MAKES A GOOD VOLUNTEER BEFRIENDER?

- Someone who is interested in other people
- Someone who is a good listener
- Someone one who is reliable
- Someone who could commit to volunteering 1-3 hours each week

CONTACT DETAILS

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APPLY NOW

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