

How do I become a Befriending Volunteer?

We always like to hear from people who are interested in becoming Befriending Volunteers. We are looking for people who are patient, friendly, honest, reliable and happy to give a little of their time to help someone else.

Simply contact us to arrange an appointment. One of our Coordinators will talk you through what is involved and if you wish to go ahead, will arrange DBS checks and full training.



To find out more about how to use our Befriending Services contact:

Email: rachael@connex.org.uk

To join a group activity contact :

Email: emmaw@connex.org.uk

To book a place on Meet and Eat contact

Email: meetandeat@connex.org.uk

Or for any of the above, simply telephone: **01298 23970**



Connex Befriending is part of the Derbyshire Trusted Befriending Network



Connex Befriending is a service operated by
Connex Community Support. Registered
Charity No.1067193



**Friendship,
support and
activities for
over 65's**

About Us

Connex Befriending is aimed at people over 65 in Buxton and the surrounding areas. We offer help to anyone who might be feeling a little lonely or isolated and in need of company.

We offer support in a number of ways—through **One to One** befrienders, through offering a range of **group activities**, or through our **Meet and Eat** lunch club.

One to One Befriending:

Our befrienders act as a 'neighbour' by visiting you in your home and offering support and companionship. This might be simply spending an hour a week with you, or you might both decide to go out for lunch or to do some shopping.

Our befriending volunteers are all DBS checked and undergo full training with our Befriending Coordinator. We make sure that your safety, dignity and wellbeing is treated with the utmost importance.

Group activities:

We run a range of activities that you can join. These include arts and crafts, or coffee mornings—we are constantly thinking of new activities you might like to join, so let us know if you have an idea.

Meet and Eat:

We operate a fortnightly lunch club for over 65's who would like to go out to eat and chat together. We visit many different places such as local attractions, events and garden centres as well as cafes and pubs.

You will be picked up from your door by our minibus, driven by one of our volunteer drivers. Each trip is accompanied by our Meet and Eat Coordinator, who will welcome you in and help you get to know each other.

Am I eligible for help?

- > Do you live at home in Buxton or the surrounding areas?
- > Do you live alone, or with someone else in an equally isolated situation?
- > Do you lack companionship or opportunities to go out much?

If it's a YES to all these, then we can help!

How do I use your Befriending Services?

Anyone can refer a person they believe would benefit from our services, or, if you think you are eligible, please contact us yourself. Simply give us a call on 01298 23970 or call in to ask for more details.



Is there a fee for using any of your Befriending Services?

Our **One to One Befriending** service is funded through grants and donations, so you pay nothing. Our volunteers give their time for free and do not expect payment of any kind from you.

For **group activities**, there may be a small charge to cover the cost of materials, refreshments and room hire.

Meet and Eat carries a small fee for the outings which helps us to cover the transport. You will need to pay for your own meal and entry to any visitor attractions.