

Befriending with Birchwood Highland

+ About Birchwood Highland

Birchwood Highland is a progressive organisation that cares about its staff and its service users. We aim to support people through mental ill health towards mental wellbeing.

Operating from four locations, Birchwood Highland has led the way in setting up the Highland's first **Recovery Centre** at Muirfield Lane, Inverness. Our Housing Support teams, based in **Inverness, Easter Ross, Caithness** and **Lochaber**, help people in their own homes and provide personal care where necessary.

+ Befriending

A befriender is someone who is able to offer support and form a positive one-to-one relationship with someone who may be lonely or isolated as a result of his or her ill health.

Befriending is carried out on a one-to-one basis to improve an individual's social network and to help them become more included in their local community.

Befriending is carried out on a voluntary basis.

+ What does it involve?

- Meeting regularly with your friend to take part in mutually agreed social activity
- Helping your friend to gain confidence in social settings
- Encouraging the developing of a warm, mutual and respectful relationship
- Attending monthly support and supervision meeting with the service co-ordinator
- Referring any difficulties to the service co-ordinator

+ What do I need?

- You need to be honest and reliable
- You must have an acceptance of other people's different attitudes, lifestyles and opinions
- You must be able and have the ability to work in a confidential manner
- You will enjoy building up relationships with people
- You are able to listen to other people's difficulties without becoming burdened by them
- You are able to respect the limitations of building a relationship within a befriending situation
- You should be able to commit to 1-2 hours a week for at least nine months

+ How To Apply

To befriend you will need to undergo a training programme before you start.

Please visit www.birchwoodhighland.org.uk to download an application pack, or get in touch with Val Cameron at Birchwood Highland Head Office, 5 Wells Street, Inverness, IV3 5JT, Tel 01463 236507, Email valerie.cameron@birchwoodhighland.org.uk