

Guidance for Befriender

Please respect privacy and confidentiality at all times within your befriending relationship.

Befriending is a safe space to share your thoughts, feelings and experience if you would like to. It is up to you how much you decide to share.

Please be respectful of each other.

We all grieve in different ways, there is not a correct way to grieve.

We all have different personal experiences and while we try to match up as closely as possible there will be some differences in your experience as well as with your grief journey.

How much communication should I have with my befriender?

Each Befriender does things a little differently and can offer varying amounts of time. Befriending can be really varied - from a one off call or email, to regular telephone calls for months, or even years, and everything in between.

There are no set rules with Befriending, you can determine the frequency and length of calls with your Befriender.

What to do if I have any questions / issues?

Consider telling your Befriender if it is something that they might be able to help with. Get in touch with Sharon or Suzie who will try to resolve any issues or answer any questions you might have.

Please do let us know how the befriending is going. It really helps us to have feedback to improve the service and to share with the Befrienders.