

# Bfriend

Bfriend aims to reduce social isolation of young people in South Ayrshire by matching them with a volunteer befriender who is a safe adult role model. While the project focuses on the wellbeing of the young people it also has positive effects on the wellbeing of their families, our volunteers and wider community.

Thanks for taking the time to learn a bit more about Bfriend. We are a small charity delivering one to one befriending support to children and young people, aged 8-18 living in South Ayrshire. Our bendifenders are all volunteers that work together with our staff team to deliver memory making moments for young people.



## Young People

Young people are referred to the project by **education, social work, third sector partners** or sometimes the **families** themselves. They meet with their befriender every few weeks to try new activities, get out and about in their community and share some quality time with a safe and trusted adult.

**United Nations Convention on the Right's of the Child.** We respect and uphold Children's Rights and believe that the work of Bfriend directly addresses:

- Article 31** (leisure, play and culture) Every child has the right to relax, play and take part in a wide range of cultural and artistic activities
- Article 12** (respect for the views of the child)
- Article 39** (recovery from trauma and reintegration)

We work with the wellbeing indicators produced by the **Getting It Right For Every Child (GIRFEC)** Guidance, and acknowledge the importance of **The Promise** in the work we do with all of our young people.

*Safe Active Nurtured Respected Included*  
*Healthy Achieving Responsible*

Our youth committee, **Beyou**, works with staff to ensure that the voice of young people drives our project forward. They have been instrumental in choosing group activities for other young people to take part in, project development and producing resources for volunteers and young people. This group was established because we recognised the need for our young people's voices to be heard!

She is always buzzing with energy and excitement when she comes back from an outing.

My befriender has helped me to grow as a person and to be more comfortable in my own skin... she has taught me to be more outgoing and confident. She has been a great role model for me and is a genuine person who cares.

Befriending is empowering. It has definitely empowered me.

If you are looking to refer a young person to Bfriend please contact us on 01292 264000 to discuss with a coordinator.

Find out more about our criteria by following this QR code.



Ready to find out more about being a befriender?



It's not just kids your supporting who benefit from you giving up your free time, it's rewarding for you too

I really enjoy it - it makes a difference to the young person I befriend but it also makes a difference to me too.

An amazing, rewarding and eye-opening experience, there's no words to describe the feeling of making a difference in vulnerable children's lives

## Befrienders

Volunteers go through an application process and comprehensive induction training to learn how to become a good befriender. As part of the training, they learn about child protection, communication, boundaries and what makes a good befriender.

Befrienders are guided through the process by a dedicated Project Coordinator who provides practical and wellbeing support. Some benefits of befriending that our bendifenders have told us about are:

- Comprehensive induction training
- Social evenings
- Opportunities to meet new people
- Access to additional e-learning opportunities
- Learn new skills which enhances CV and career opportunities

*100% of volunteers enjoy befriending*

*77% feel that befriending has broadened their life experiences*

*57% think that befriending has helped their own mental health and wellbeing*

Because of the trusting relationships that our young people develop with their bendifenders and coordinators, we are able to offer wider family support to further address wellbeing, such as:

- support to access food and clothing banks
- support to attend meetings
- access to additional funding for colleges etc.
- school uniform assistance
- help at Christmas
- sign posting to other helpful organisations



The Volunteer Friendly Award is a Scotland wide quality standard for volunteer programmes. Our local TSI had some amazing feedback for us, "Outstanding, professional recruitment and support to volunteers, yet with a sound volunteering culture developing a very caring, supportive relationship with all volunteers".



QiB is the only award in the UK which is specifically tailored for befriending services. The Award is achieved by providing evidence to successfully demonstrate that the project meets or exceeds the standards expected. In 2024 we achieved the Excellence Award.

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