
How Befrienders helped me

- “ I don't know where I would have been without my befriender. ”
- “ She is a truly amazing person who I am very fond of. ”
- “ It is one of the best things that has happened since my years of illness. ”
- “ My expectations were met more than I could have hoped for. ”

If you would like more information about Befrienders, or know of someone who might benefit from using our service, please contact our Co-ordinator, Bridget Smith, by phone 01275 472798 or by email bridgets@uwclub.net
The Co-ordinator, Church Farm House, Winford, Bristol BS40 8EY
Alternatively contact our administrator Mary Douglas-Jones on 01275 475154.

Donations

We are a voluntary charity and any donations can be put to excellent use. Your help would be very much appreciated.

Our thanks go to Sirona Care & Health who gave a generous donation to help with these leaflets.



One in four of us experiences mental distress at some time in our lives.
If you would like help for yourself or your family, please contact us.
Your enquiry will be treated in the strictest of confidence.

Who are we?

We are a small voluntary organisation operating in parts of North Somerset and Bath & North East Somerset (Chew Valley and Keynsham in particular). We support individuals and their families, who have mental health problems or are experiencing mental distress. Those referred are allocated a befriender who visits or phones on a regular basis, at times to suit both the Befriender and person visited.

How do we work?

People are referred to us by social workers, community psychiatric nurses, and family doctors, or they can refer themselves. They are then matched with our Befrienders, who keep in contact with users by visiting them or by telephone.



**One in four of us
experiences mental distress
at some time in our lives.
You can help to relieve this,
and add more meaning
and fulfilment to your life
by giving a little of your time
to being a Chew Valley and
Keynsham Befriender.**

What I get from being a Befriender

- “ I’ve met lots of interesting people who I wouldn’t have known if I hadn’t been a Befriender. ”
- “ I know I can’t provide the answers for people who suffer from mental distress, but I can listen to them and hope that they see that I care about them. ”
- “ Being a Befriender is so rewarding and I find it a privilege that people are prepared to share their thoughts and feelings with me. ”

We are always in need of more volunteers. No formal qualifications or experience are necessary, but a genuine interest in people and a willingness to listen and learn are essential. If you think you might be able to help please contact our Co-ordinator, Bridget Smith, by phone 01275 472798 or by email bridgets@uwclub.net The Co-ordinator, Church Farm House, Winford, Bristol BS40 8EY or Mary Douglas-Jones on 01275 4475154.
