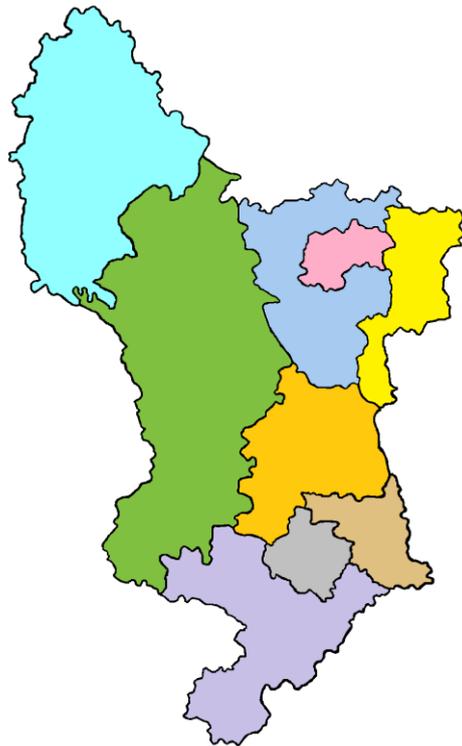


Befriending for adults in Derbyshire

An easy read summary of the final report



by

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DERBYSHIRE
County Council
Improving life for local people

South Derbyshire
CVS
Supporting YOU - Supporting YOUR community



Who are we?

Derbyshire Trusted Befriending Network is a new project funded by **Derbyshire County Council**.

It is managed by **South Derbyshire CVS** - a local charity chosen by Derbyshire County Council to run the project.

It is there to make sure that every adult who needs befriending support has fair and equal access to it.

Also, to make sure that people who use befriending services can know that they are safe and well run.



Befriending is when someone (not family or friends) gives their time to support someone who needs help.

Usually a charity or community group organises this.



The aim of this report was to find out:

- What befriending there is in Derbyshire and who can use it.
- Where the gaps are. For example, some areas don't have a befriending service. Some areas do have one but not all people can use it.
- What kinds of befriending people need and what we need to do to make this happen.

	<p>How did we do this?</p> <ul style="list-style-type: none"> • We asked befriending services to tell us what they do. • We sent surveys to lots of people and groups, to find out whether they would want befriending and what kind of befriending they would want. 96 people filled these in. • We talked to some local groups who work with people who need support • We also talked to volunteers who befriend people and the people they support about what it is like.
	<p>What will happen next?</p> <p>Derbyshire County Council wants to make sure that everyone has equal access to befriending.</p> <p>So they have set aside some money to pay for more services to fill the gaps.</p>
	<p>What we found out</p> <p>This is what people told us.....</p>
	<p>About Derbyshire</p> <ul style="list-style-type: none"> • Not all parts of Derbyshire are the same. • Some areas are bigger than others. • Some have more people living in them. • Some areas have more older or younger people living there. • In future there will be more older people in all areas of Derbyshire, because people are living longer.

	<p>Befriending helps people to</p> <ul style="list-style-type: none"> • Feel better and more confident • Move on and do new things • Have someone look out for them and get help if there are problems • Find out about other help and support • Be less lonely • Be listened to <p>It also gives their family and friends a break</p> <p>Volunteer befrienders enjoy what they do</p>
	<p>About befriending in Derbyshire</p> <p>There are 31 befriending services for adults in Derbyshire</p> <p>Between them they have 754 volunteers who give 1571½ hours a week helping people.</p>
   	<p>Different kinds of befriending</p> <p>Home visiting The befriender visits the person at their home</p> <p>Buddying The befriender helps someone go out and take part in activities. For example, shopping, classes, sports.</p> <p>Mentoring The volunteer befriender helps someone to achieve a goal such as find a job or make a change to their life.</p> <p>Telephone befriending The befriender rings someone and supports them over the telephone</p>



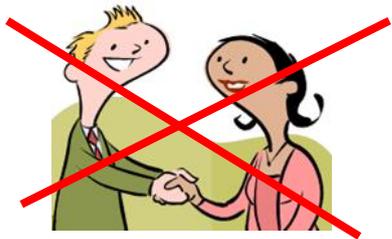
Email befriending

The befriender supports someone by email



Supported friendship

Someone gives practical help to friends wanting to get together



Where are the gaps?

In **Bolsover, High Peak, South Derbyshire** and **north Derbyshire Dales**, there isn't a befriending service that everyone can use.

Some places don't have a special befriending service for people who

- Are Deaf or hearing impaired
- Have mental health issues
- Have Alzheimer's or dementia
- Have Autism/Asperger's Syndrome

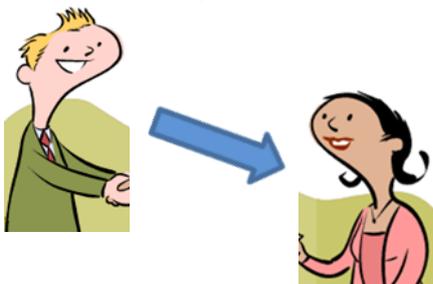


People with learning disabilities can't get befriending services in all areas. For example:

- There is no 'supported friendship' befriending in Erewash, Amber Valley or South Derbyshire.
- There is no home visiting or buddying in North Dales or High Peak.

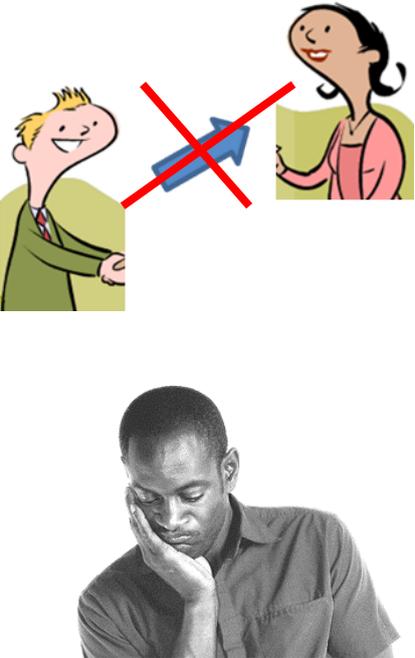


Some befriending services have a waiting list. So people can't always get help straight away.



It isn't always easy to match a volunteer and person needing help. They might not live near each other or like doing the same things.

Sometimes the person wanting support might need more or different help than the service can give them.

	<p>What do people want?</p> <p>Lots of people said that there needs to be a choice so that people can get the kind of befriending best for them.</p> <p>People with learning disabilities and their families or carers, wanted support to take part in social activities and be more independent.</p> <p>Carers also wanted support to give them a break</p>
	<p>What stops people getting befriending support?</p> <p>People told us that:</p> <ul style="list-style-type: none"> • There isn't a befriending service for them in their area • Waiting lists are too long • People are embarrassed or don't want to admit they need help • People aren't sure they'll be safe • The service doesn't speak their language or understand their culture or needs. • People are afraid they might not be treated well or fairly. For example because of their culture or because they are gay or lesbian. • They don't know that this kind of support is there • The kind of befriending on offer doesn't meet their needs
	<p>What do befriending services want to do in future? They told us that if they had the money they would like to:</p> <ul style="list-style-type: none"> • Help more people and help different kinds of people • Get more volunteers • Offer the service in more places • Offer more or different kinds of befriending



What should happen?

The report says that...

Derbyshire County Council should use its funding to:

- Make sure that all areas have befriending for all adults who need it.
- Develop befriending in areas where not everyone can get it at the moment.
- Make sure that befriending services know that their funding is safe
- Make sure people can get the kind of support that is best for their needs.
- Reduce waiting lists.

How to do this:

- A mixture of small grants and buying bigger services so that big and small groups can offer befriending

The Trusted Befriending Network needs to

- Look at what stops people using befriending and try to reach more and different people.
- Make sure that befriending services are good at keeping records of what they do and showing the difference that they make.
- Tell more people about their services and explain what they do
- Get more volunteers, from all different communities
- Work together on things like training or getting volunteers.