



Welcome to

1 - 7
**Tachwedd/
November**

Wythnos Cyfeillio

Befriending Week





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Befriending Week

What is Befriending Week?

Befriending Week is the national campaign **celebrating and raising awareness of befriending** and the positive impact it has on individuals and communities.

Every year, from **1 - 7 November**, communities gather online and in person to...



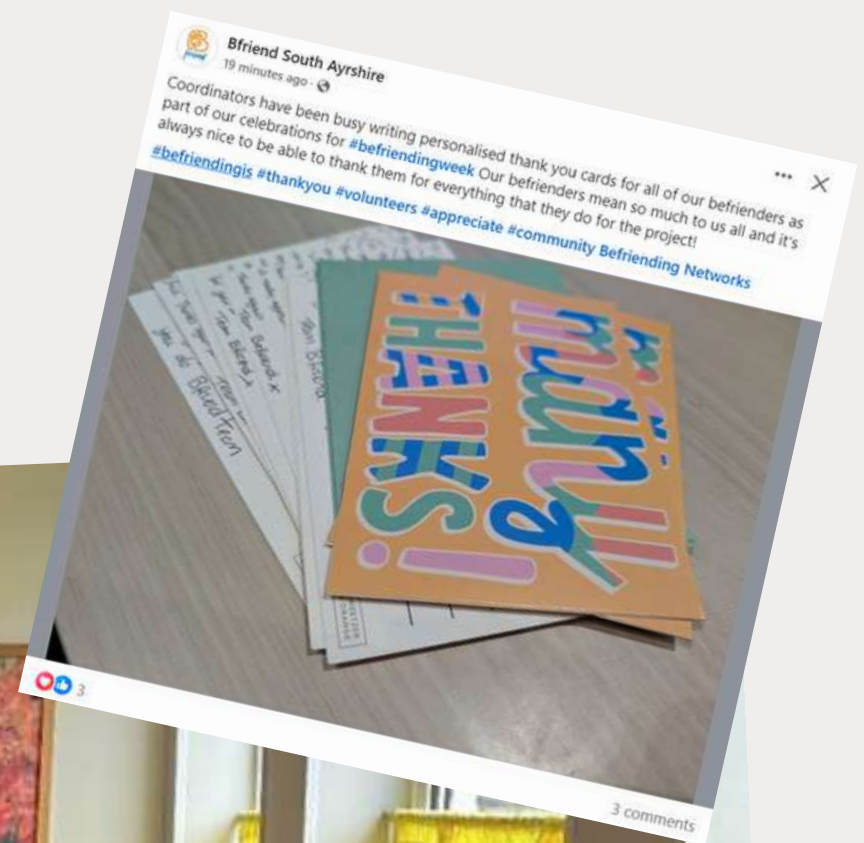
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say thank you to their volunteers and staff



Thank you Bob!!
Dyma ein gwirfoddolwr hyfryd Bob. Mae Bob wedi bod yn gyfaill gwirfoddol gyda Cymdeithion Cymunedol am mwy na 2 flynedd. Dros gyfnod o 2 flynedd a hanner, mae Bob wedi cael ei baru â 2 fuddiolwr mae wedi'u cefnogi drwy ymweld â nhw tua unwaith yr wythnos i gael sgwrs i leihau eu hunigrwydd a'u hynysu.





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share their befriending stories

Kilbryde Hospice
22h · 🌐

MEET THE BEFRIENDERS

I am Euan and I work for **Property Store** Letting and Estate Agent based in East Kilbride. I have been supporting Kilbryde for around 5 years now with my initial involvement coming through the Corporate Challenge Initiative. From there I became a Corporate Ambassador, and I commit a few hours every week to volunteering as a Befriender.

I have been Befriending for 3 years and have found the experience immensely rewarding. Through the role I have had the opportunity to meet people of varying ages with interesting lives and I thoroughly look forward to my weekly visits.

I have been with my current Befriender for 2 years and in that time, we have developed a real bond. Knowing how much he looks forward to the visit as well as the difference it has made to his family is very fulfilling.

It is also a great excuse for a cup of tea and a piece of cake!

#BefriendingWeek2024

Befriending Week
1st - 7th November

Link Age Southwark
@LASwark

Happy #BefriendingWeek! We're celebrating connections like George and Tawanda's, whose friendship shows the incredible impact of reaching out and supporting each other. Together, they're turning isolation into companionship and resilience.

linkagesouthwark.org/Blog/george-an...

"I really like her visiting me... we have the same sense of humour"

Befrie
1st - 7th November

LIC

Age UK Hammersmith and Fulham
256 followers
1h · 🌐

Happy Befriending Week! Meet Ellen, an inspiring 103-year-old and wonderful befriender, Nicola. Read Nicola's story of their heart-warming

I met Ellen when she was an incredible 101-year-old, and I have been fortunate enough to celebrate her 102nd and, most recently, her 103rd birthday. I have enjoyed listening to Ellen's fantastic life stories. She was a seamstress, lover of art, and displays fantastic artwork all over her walls, and was always dressed in nines.

Although Ellen has dementia, which has caused some of her memories to fade, become muddled, her stories are always a pleasure to hear. She served in the Royal Air Force with the Queen and received a letter from the Queen on her 100th birthday.

With the support of Age UK Hammersmith & Fulham, I have been able to assist Nicola in becoming a befriender for her. Her fantastic family have also been hands-on with Ellen's care, which is not always the case for many older people living alone in the UK.

Ellen's family say:
Nicola has become an amazing family friend. She offers friendship and support to Ellen, often having lunch and doing the jigsaw with her, all of which contribute to Ellen continuing to have some independence in her own home.

#BefriendingWeek #FriendshipGoals



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recruit new befrienders

Kilbryde Hospice
25 minutes ago · 🌐

From November 1st to 7th, we're celebrating the wonderful benefits of befriending—for both the befrienders and those they support. ❤️

Here are 5 meaningful ways that befriending positively impacts our volunteer befrienders, although there are way more than just five!

Join us in making a difference this #befriendingweek2024 ❤️

Befriending Week
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5 benefits of befriending for the befrienders

1

A befriender companionship for individuals living with a limiting illness or condition.

2

Befriending offers the opportunity to build meaningful relationships and emotional connections. Knowing you can make a difference in someone's life by visiting, can give a real sense of meaning and purpose.

3

You can learn much from the people you support, hear their life stories, and develop your listening skills, and communication.

4

The chance to make a valued and valuable contribution to people's lives.

"I have been with my current Befriender for 2 years and in that time, we have developed a real bond. Knowing how much he looks forward to the visits as well as the difference it has made to his family is very fulfilling."

Wokingham Link Visiting Scheme
36m · 🌐

Can't ask for more than that 😊

Join our volunteer family → linkvisiting.org/volunteer

#BefriendingWeek

“I love her to bits. She is a real friend and not just a Link Friend.”

Link volunteer





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raise awareness about their service



Sightline
136 followers
5h

Some Sightline statistics this **#BefriendingWeek!**

From 1 January to 30 September this year our **#BrilliantBefrienders** provided 126,471 minutes of befriending calls!

There's been all sorts of interesting conversations from theatre shows to holiday destinations; meal inspiration ideas for the week to family outings over the weekend.

There are so many different topics of conversation, and we do our very best to match you with someone you'll hopefully hit it off with.

Tag someone you think could be a **#BrilliantBefriender** for Sightline.

#Befriending #SightlineStory Befriending Networks

Befriending Week
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126,471 minutes of befriending calls!
(January - September 2024)

CALL 0800 587 2252

Sightline
Telephone Befriending



St. Andrew's Hospice
2h

It's **#BefriendingWeek 2024!**

We want to take this opportunity to say a huge thank you to all of our **#brilliantbefrienders** who provide friendship, support and short-term respite for our patients and their loved ones.

You have such a positive impact on people's lives. Your efforts are truly appreciated and we value everything you do 😊

BEFRIENDING WEEK

I'M SUPPORTING Befriending Week

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raise the profile of befriending

Voluntary Action Angus
1h · 🌐

This #Befriendingweek we are promoting the importance of befriending to help combat loneliness and isolation and help build community connections. 🤝

In this podcast, Angus Health and Social Care Partnership talks to Lindsey le Grice of Monifieth Befriending about the effects of loneliness and social isolation.

soundcloud.com
Loneliness And Social Isolation Podcast

Love Comment Send Share

Scot Gov Faire @ScotGovFaire · 10m ...

This is National #Befriending week and @befriendingnet is holding its Annual Conference tomorrow to reflect on the year past and look to the future of befriending in Scotland.

The charity receives @ScotGov funding towards its work to promote wellbeing and meaningful connections.

“ The Scottish Government recognises the vital role befrienders and befriending organisations play in tackling social isolation in Scotland. ”

Kaukab Stewart
Minister for Equalities

🗨️ ↻️ ❤️ 1 📊 67 📤

Shetland Befriending Scheme
32 minutes ago · 🌐

#BefriendingWeek #brilliantbefriender #befriendingnetworks #shetlandbefriending

Befriending is brilliant because...

I get to do things I wouldn't normally do, while hopefully making a difference to the young people.

1st - 7th November

Befriending Networks





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and have a great time!



15

jewish_care Happy Befriending Week.

Members of Jewish Care's Befriending Team met with wonderful volunteers in Wanstead at Gail's Bakery for a fantastic coffee morning.

It was great to see such enthusiasm for what they do and the impact volunteering has on them, and on their members.

From Volunteer Co-ordinators, to those who are looking to restart their volunteering journey with Jewish Care, they shared their stories and experiences over coffee, tea (and a hot chocolate of course)!



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How can you get involved?

- * Join the campaign
- * Hold an event online or in person
- * Submit a case study
- * Attend a Befriending Networks event

Join the campaign

- * Join the countdown
- * Share a story on social media
- * Write to your email list
- * Post on your website
- * Reach out to your local press
- * Record a podcast or video



Check out our social media guide for post ideas!



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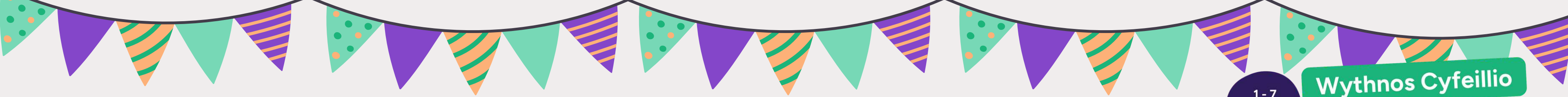
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The theme for 2025 is...

Collaboration and Partnerships

Uncovering the power of working together





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Remember to...

Tag Befriending Networks
on LinkedIn, Facebook
and Bluesky

Use our campaign
hashtags

#BefriendingWeek

#WythnosCyfeillio



Hold an event

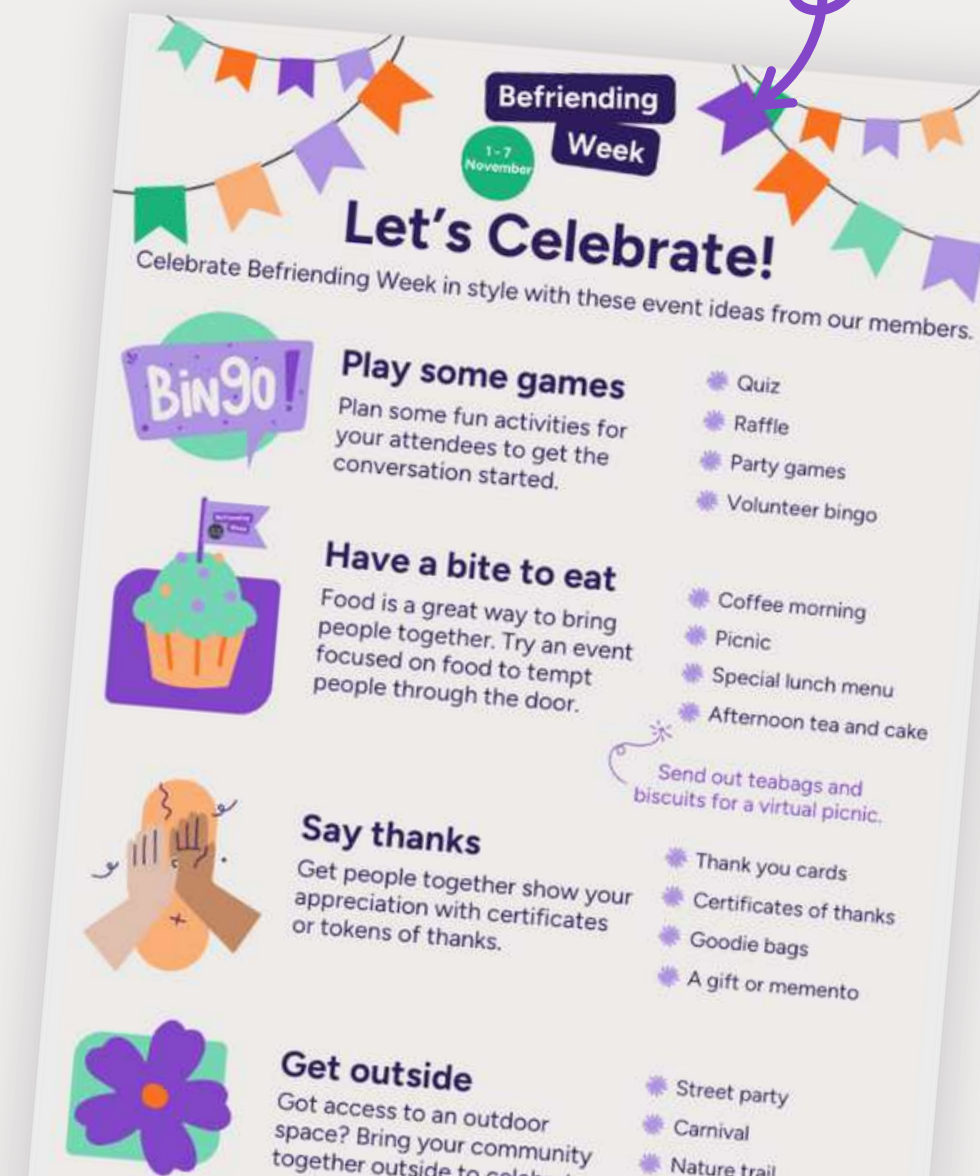


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- * Your event can be in person or online
- * Design your event to suit your available capacity and resources - it doesn't need to be huge and expensive
- * Consider inviting partners, funders and stakeholders to see your work in action
- * Take photos and share if possible

Get inspiration from our Ideas for Events infographic





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Submit a case study

Check out our
Guide to Writing a
Case Study

- * Members of Befriending Networks can share a befriending story.
- * We will select 7 case studies to share during Befriending Week. Others will be shared throughout the year.
- * Callout for case studies will go out in late August.





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Attend an event



Annual Conference and AGM

- * Wednesday 5 November, 10:00 - 14:45
- * Guest speakers, good practice sharing, networking and more!
- * Free to members, £40 for non-members
- * Book before 1 October to get a £10 training voucher



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Attend an event



Being a Befriender

- * Thursday 6 November, 12:30 - 13:30 / 18:30 - 19:30
- * A social and celebration event for people who volunteer with befriending projects
- * Open to members and non-members - booking opens soon.




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Support and Resources


Download our Events Pack and Social Media Pack




Access our Digital Skills Masterclasses



Join our Leaders Network session on Befriending Week



Sign up for the Befriending Week mailing list





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Remember...

- * Don't worry if you don't have capacity or resources to do lots. Every interaction helps build momentum for the campaign - we appreciate it all!
- * Make Befriending Week work for you. Identify what you'd like to achieve and focus on the activities that will help towards that goal.
- * Let us know what you're up to and tag us in posts - it's our favourite part of Befriending Week



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befriending.co.uk/befriending-week

cat@befriending.co.uk

