



# ReConnect

## Befriending

### Are you living with a long-term health condition?

Join our peer befriending schemes and support groups in Gloucestershire for people living with stroke, dementia, aphasia and other long-term health conditions and their carers.



- Meet others with similar experiences - one to one or in a group
- Find and give support
- Reconnect with your local community

## What is Peer Befriending?

Befrienders share their **experiences** of living with a long-term **disability**, to offer **support** and help build **confidence**.

People living with a long-term condition, such as **dementia, aphasia or stroke support other people** with a **similar condition**. This can be through **one to one** visits at **home, in hospital or care homes**, in the **community**, or in a **group** setting.

Befrienders **understand** the **challenges** those with long-term conditions face. The befrienders **gain a huge amount** from their volunteering too.

“Speaking to someone who understood the way I felt was very uplifting. There is life out there and I now want to be part of it.” Moira.

“It was so refreshing to meet and talk to other people who have been in the same situation, giving me hope and reassurance”  
Chris

“I had an absolutely fantastic day and all the crew were really marvellous.” Brenda

## How does it work?

- It's up to you to **decide how often** visits take place, for **up to 10 visits**.
- The **visits** will be for **up to one hour** each time.
- All befrienders are **trained in communication techniques**, so **aphasia** need **not be a barrier**.
- **You decide between you the best place to meet**.
- **Befrienders** are **police checked** and **trained** by us.
- They will **not give advice** on **medical matters**.

## What happens after befriending?

We believe that the **best** long-term **support** can be found within **the community** and people are **encouraged** to attend a **local peer support group**. Our **groups** are a great place to **share experiences**, **offer ideas**, **support** each other and **rebuild confidence**.

## How to get involved

People can be **referred** by a **professional**, **friend**, **carer**, **family member** or **refer themselves**.

If you are **interested** in **meeting a befriender**, coming to a **group** or would like to **volunteer** to support the befriending work, please **get in touch**. We will **provide full training** and **ongoing support** plus **expenses** and **mileage**.

## How to get in touch



**Coryn Memory**  
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## ReConnect is run by Creative Sustainability

An established **Gloucestershire based** community interest company, **Creative Sustainability** runs **various projects** across Gloucestershire, focusing on **building confidence, environmental sustainability, nature, art and local community development**. At the heart of our work is our **focus** on those for whom the **world is harder to navigate** than it might be for others.



Creative Sustainability CIC

**www.cscic.org**



**Gloucestershire**  
**Clinical Commissioning Group**