

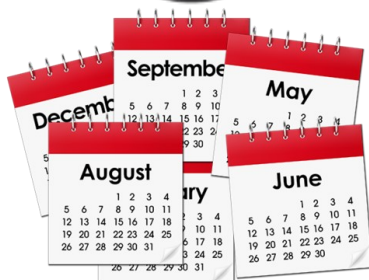
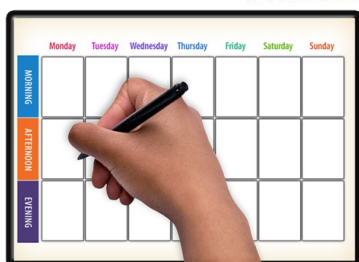


# **Lead Scotland Befriending Project Fife**



**Information leaflet**

# What is a befriender?



Sometimes you can feel lonely.

Sometimes you would like someone to talk to or go out with.

Lead Scotland can help by giving you a **befriender**.

A **befriender** is a person who has time to meet you to help you feel less lonely.

The befriender has been checked by **Lead Scotland** and the police.

The befriender will come to your home **once a week**.

The befriender will meet you for **one or two hours**.

The befriender can meet you for about **six months**.

# What can you do with the befriender?



- Have a chat at home or at a cafe

- Go for a walk

- Go to a group

- Travel on the bus

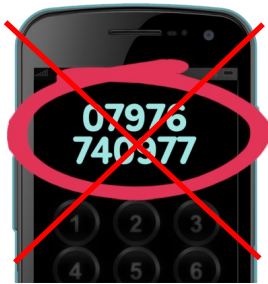
**You and the befriender decide what to do together.**

# What can you not do with the befriender?



- Drink alcohol
- Meet other friends or family
- Give or take money or presents
- Smoke
- Be friends on social media

# What can the befriender not do?



- Clean your house
- Become your boyfriend or girlfriend
- Give you their phone number
- Tell everyone private things about you
- Help you to the toilet
- Drive you in their car if they don't want to



# Lead Scotland Befriending Project

## What happens now?



A **co-ordinator** is the person who works for Lead Scotland.



The co-ordinator will find a **befriender** for you.



They will phone you when they have a befriender.

There is a waiting list and it can take some time to find a befriender for you.



Your co-ordinator is called

**Louise Andree**

Her telephone number is

**07950 771875**