



# Bespoke Training

We offer bespoke training which involves topics as requested by the organisation. Bespoke can be applied to staff training as well as volunteer training. Some of the most common topics to be included are:

- What is befriending? Defining the difference between mentoring and advocacy
- Values and attitudes in befriending
- Communication skills
- Resilience
- Social Isolation and Loneliness, how befriending supports both
- Building befriending relationships
- The matching process
- Boundaries and confidentiality
- Support and supervision and the importance
- Roles and responsibilities within befriending
- Managing endings
- Befrienders as community connectors
- Safeguarding and risk management
- Understanding the clients i.e. mental health awareness

Bespoke training is designed to be affordable and practical. We cap attendees at 25 people to allow for shared discussion and participation.

Our training is focused on interactive activities to allow participants to be involved from start to finish, while learning, building relationships with peers and to learn-by-doing.

Cost of bespoke training includes a digital copy of the materials afterwards as well as certificates for participants. Only additional costs are travel and accommodation where necessary and paper copies of resources if requested. We do try to keep costs as efficient and practical as possible.

Members of *Befriending Networks* will receive discount on their bespoke purchase. For more information, please contact **Victoria@befriending.co.uk** or call 0131 261 8799