Befriending Networks
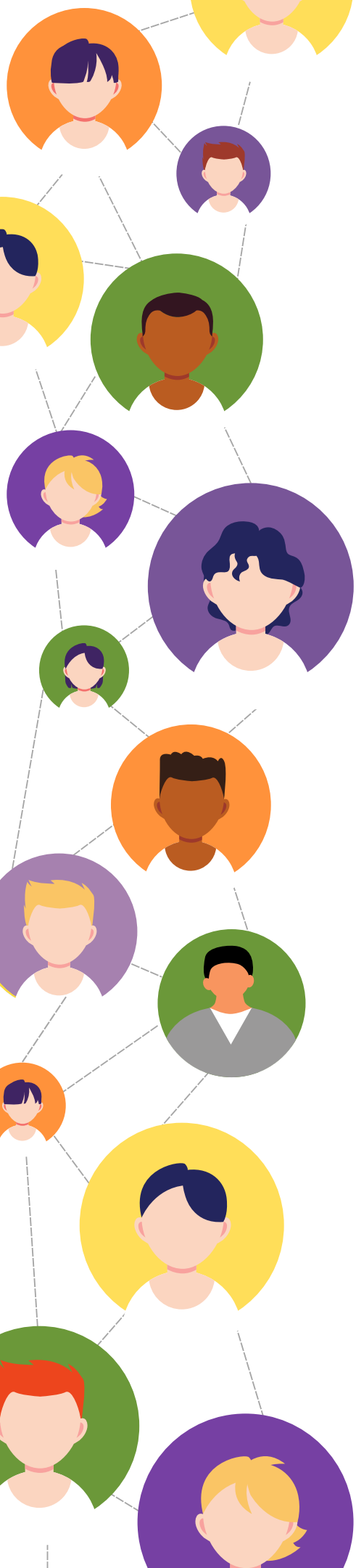
National Annual Conference 2022

Programme of Events

A series of short online events across a month, celebrating "connection"
and the 10th anniversary of Befriending Week

National Annual Conference 2022 Programme of Events

Befriending Networks

Wed 5th October	12:30pm - 1:30pm	Raise Your Profile During Befriending Week 2022	★ (orange)
Tuesday 18th October	12:30pm - 1:30pm	Getting the most out of your membership	★ (orange)
Monday 24th October	12:30pm - 1:30pm	Managers Network: Raising Profile and Influencing Policies	★ (orange)
Wednesday 26th October	12:30pm - 1:30pm	Networking event for Children and Young People Befriending Services	★ (orange)
Thursday 27th October	10am - 11:30am	Volunteer Training Toolkit: How To Session	★ (green)
Wednesday 2nd November	9:30am - 12:35pm	Annual Conference Membership Celebration and AGM	★ (green)
Thursday 3rd November	12:30pm - 3pm	Running a Befriending Service	
Tuesday 8th November	9:30am - 12:15pm	Research in the Field: Community and Connection	★ (purple)
Wednesday 9th November	10am - 12noon	Volunteer Retainment	
Thursday 10th November	9:30am - 12:15pm	Research in the Field: Wellbeing	★ (purple)
Wednesday 16th November	11:30am - 12:30pm	Alternative Funding: Knowing Your Options	★ (orange)

★ (purple) This event is free to members   ★ (orange) Free to all   ★ (green) This event is exclusive to members of Befriending Networks only

Gain free access to the following events by joining our membership:

Volunteer Training Toolkit: How To Session - Thursday 27th Oct

National conference - Wednesday 2nd Nov

Research in the Field: Community Connections - Tuesday 8th Nov

Research in the Field: Wellbeing - Thursday 10th Nov

Find out more about membership here

Become part of the membership from £75 per annum upwards depending on organisational income*

So glad I am part of Befriending Networks, I feel I am not alone.

MEMBER ORGANISATION

Thank you Befriending Networks for all the support you've given us over the past 3 or so years. We've recently secured a further 3 years' worth of funding at a higher level, and I believe Befriending Networks has helped us achieve that.

MEMBER ORGANISATION

I have found Befriending Networks support invaluable and you have particularly been very helpful and supportive to me. Thanks so much for all that you have done for me. I have really appreciated your help.

MEMBER ORGANISATION

Join the Network

TOP TIPS

BE CLEAR WHO YOU ARE

When you join any Zoom event, change your name to "First Name – organisation" (pronouns welcome!). Find your name in the participant list with your mouse and you'll find "..." that will allow you to select rename. This assists our management of the event and your ability to network with others, and them with you.

MAKE THE FIRST MOVE

Use the chat function – Say hello, Introduce yourself to others, share what your befriending project does. You can share your email address, website or twitter handle if you want to.

GET FULL ACCESS

To ensure you can access the whole event in it's entirety, connect via a laptop or PC. Using a tablet or mobile device limits your ability to interact and engage with features.

RAISE YOUR PROFILE

You can install virtual backgrounds on Zoom, so why don't you. 'Choose Virtual Background' and upload your charity logo, wallpapers or banners. Make it clear to everyone who you are and where your from. There will be up to 200 projects online and this is a very efficient way to network.

DON'T WORRY ABOUT DOCUMENTING

All presentations will be added to your online delegate pack. You can download presentations there – and access the resources of sessions you were unable to attend to! You will be given access to the **online delegate pack** in your booking confirmation email.

CONNECT

Join the online discussion. Mention us on Twitter **@befriendingnet** or join the national celebrations of befriending by adding **#BefriendingIs** to your tweets

GET FAMILIAR

Have a look at the programme prior to picking your workshop choices. This will help to ensure you get the best fit for your needs or interests.
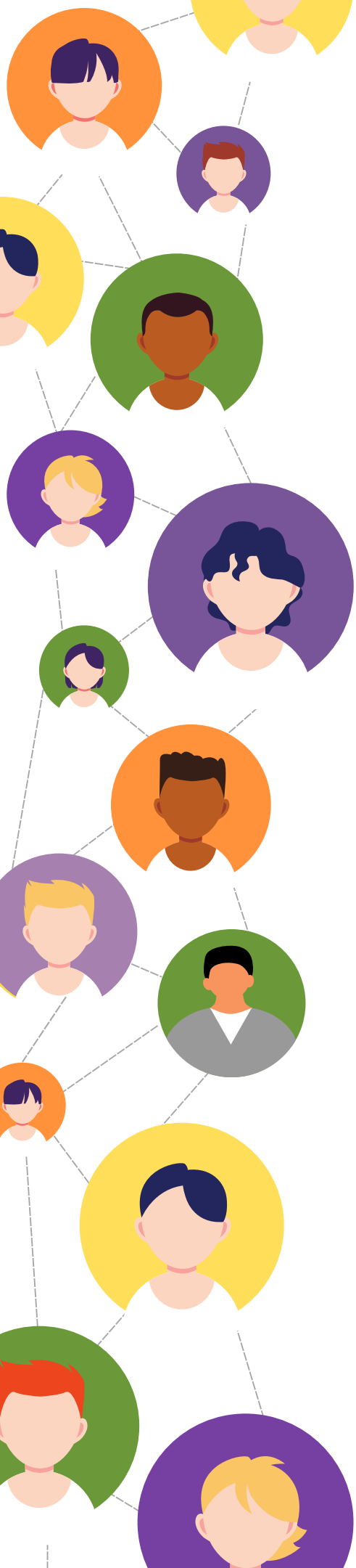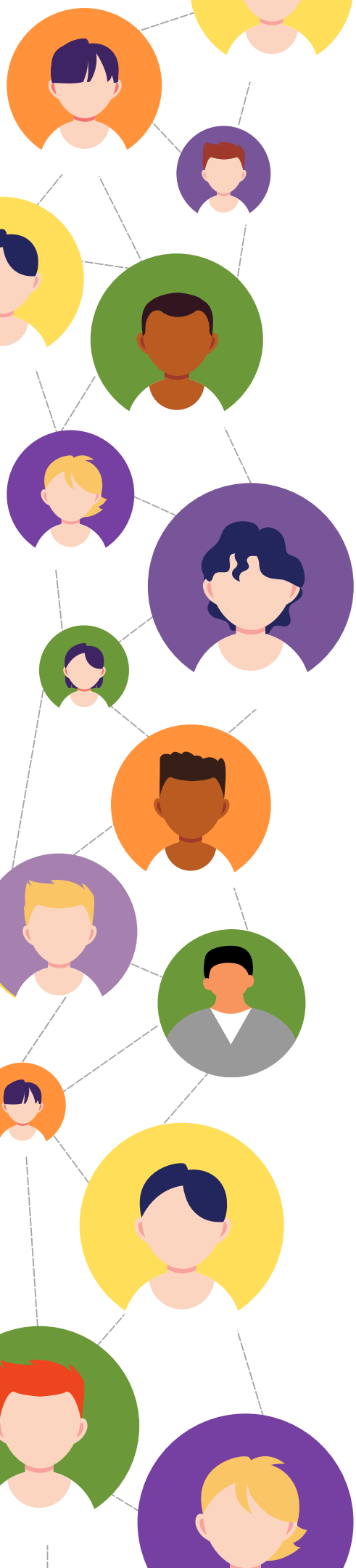
ALLOW POP-UPS

In order to see polls and enter breakout rooms, pop-ups are needed. Check your settings on your device.

CELEBRATE

It is the 10 Year anniversary of national befriending week – download the resources, share your celebrations
www.befriending.co.uk/training-events/befriending-week-2022/

Raise Your Profile During Befriending Week 2022
Wednesday 5th October, 12:30pm – 1:30pm (FREE)

Join our Communications Officer, Dominic, and Membership Officer, Nicola, on the 5th Oct to learn how to access the Befriending Week Resources, join the national campaign, raise your profile and showcase the fantastic work you are delivering in your community. This is a two-way opportunity: for you to find out more about how we can support you; and for us to hear about the great work befriending organisations have been doing.

Register for your free space now: www.befriending.co.uk/training-events/networking/25217-q-a-session-raise-your-profile-during-befriending-week-2022/

Getting the most out of your membership
Tuesday 18th October, 12:30pm – 1:30pm (FREE)

As a Member - or potential member - of Befriending Networks, it is important that you know what the benefits are, how membership works, where to locate your benefits and who is here to help you. This event is appropriate for new members, new staff or those who want to refresh their knowledge. Join this free, one hour session, to meet our Membership Officers: Sandra (England MO); Nicola (England MO); Jenny (Scotland, Northern Ireland and International; and welsh officer tbc.

Register for your free space now: www.befriending.co.uk/training-events/networking/25228-getting-the-most-out-of-your-membership/

Managers Network: Raising Profile and Influencing Policies
Monday 24th October, 12:30pm – 1:30pm (FREE)

Join this Managers networking event with our CEO, Sarah. We will discuss practical tips and challenges for befriending organisations in raising our profile and influence policies.

Register for your free space now: www.befriending.co.uk/training-events/manager-networks/25220-managers-network-raising-the-profile-of-befriending-and-influencing-policy/
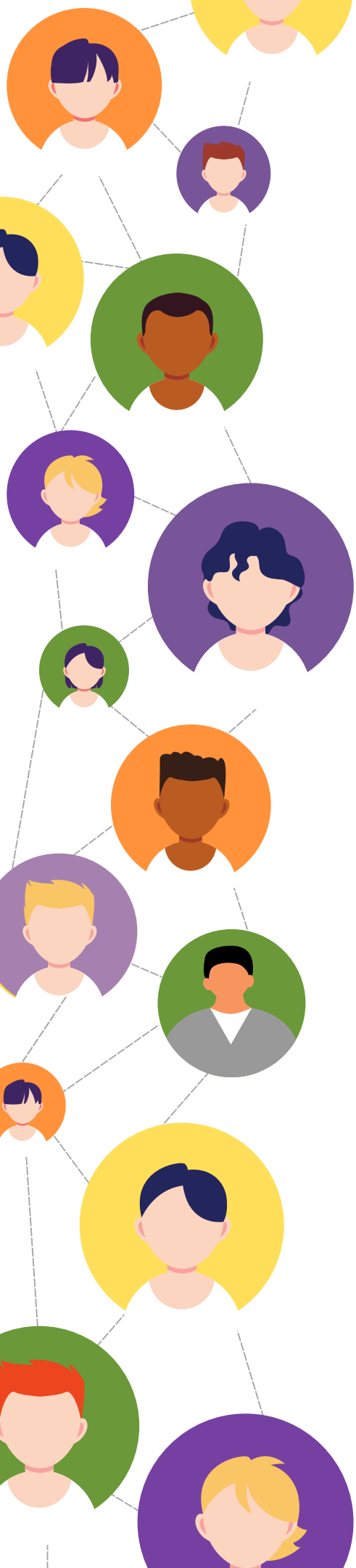
Networking for Children and Young People Befriending Services

Wednesday 26th October, 12:30pm – 1:30pm (FREE)

Join our networking event with our quality officer, Angus. Angus has a history of working with children and young people and maintains a focus on research and development in the sector. This event is an opportunity for any CYP service to network with other projects working with the same age group.

Let's discuss questions and challenges that are impacting your organisation right now and how you envisage best supporting you client group in the future.

Register for your free space now: https://www.befriending.co.uk/training-events/networking/25219-q-a-session-befriending-projects-supporting-children-young-people/
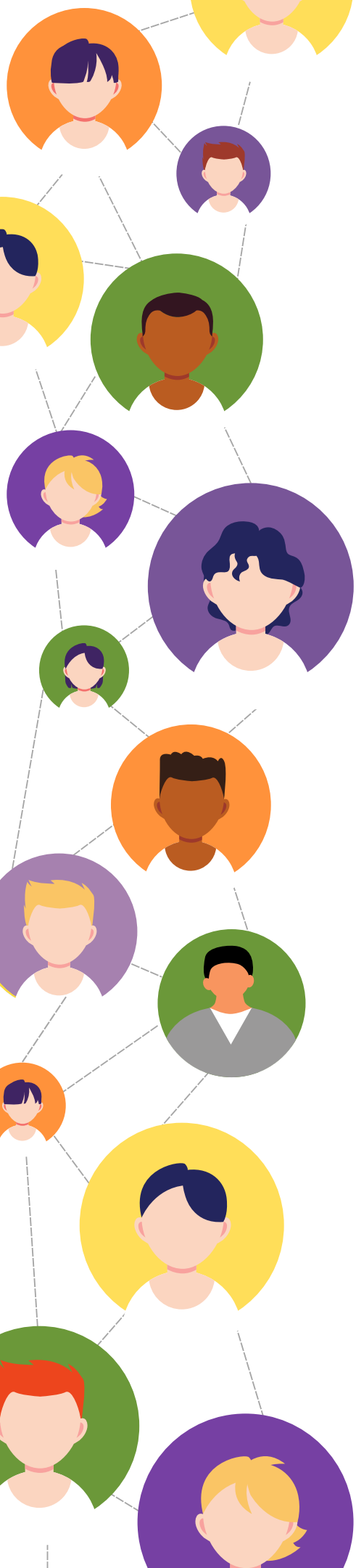
Volunteer Training Toolkit: How to Session

Thursday 27th October, 10am – 11:30am (FREE and Exclusive to members)

One of our exclusive membership benefits is access to our volunteer training toolkit. This 1.5hour session is designed to explain the toolkit. Clarifying what the contents are, how to use the training resources, how to make them specific to your projects and its volunteer needs. The toolkit contains Videos, PowerPoints, Interactive Activities, MP3, Reading Materials and Written Tasks. Join the developer of the toolkit, Victoria, to ask any questions, learn how to make the most of the free resource, and to make any requests you may have.

Register for your free space now: https://www.befriending.co.uk/training-events/volunteer-training-toolkit/25234-volunteer-training-toolkit-how-to-session/

Befriending Networks

Annual Conference: Celebrating 10 Years of Befriending Week

As a Member of Befriending Networks, one benefit is exclusive access to our free annual national event. This year, members can join us online 9:30am - 12:35pm for this opportunity to build peer support, network and learn from projects directly. Join us for a range of keynote speakers, our AGM segment and the opportunity to attend two workshops out of twelve options. Find out more about your options on the next page.

Memebers can register here: www.befriending.co.uk/training-events/conferences/25235-annual-conference-celebrating-community-connections-member-exclusive

9:30am - 9:40am // Opening Speaker: A Welcome from Kim Leadbeater

9:40am - 9:45am // Welcome & Agenda

9:45am - 10:15am // Learning from Experience Workshops: Case Studies from the field

10:15am - 10:45am // Keynote: The Lasting Difference - Individual. Organisational and System Capacity

10:45am - 11am // Coffee Break

11am - 11:30am // Learning from Experience Workshops: Case Studies from the field

11:30am - 11:50am // Panel Discussion with all workshop facilitators

11:50am - 12:15pm // Befriending Networks AGM & Membership Celebration

12:15pm - 12:30pm // Keynote: Greentree Wellbeing - Mental Healthy Workplace Culture

12:30pm - 12:35pm // Closing Remarks and Thanks

12:35pm - 12:50pm // Optional Networking

Befriending Networks

Our Keynotes at Annual Conference

Kim Leadbeater (9:30am)

Welcome to the Conference

Kim Leadbeater is the Labour MP for Batley and Spen, and has been an MP continuously since 1 July 2021.Kim has been active in matters such as loneliness, health and wellbeing, and the legacy of her sister, Jo Cox: working towards a kinder, more compassionate society where every individual has a sense of belonging and where we recognise that we have more in common than that which divides us.

Kim.leadbeater.mp@parliament.uk

Greentree Wellbeing (12:15pm)

GREENTREE WELLBEING CONSULTANCY

Mentally Healthy Workplace Culture

We all have fluctuating mental health and by understanding why we may have times of poor mental health helps us look after ourselves and support one another. Enabling us to feel more comfortable to speak about mental health and our place of work to become more supportive and accepting.

enquiries@greentreewellbeing-consultancy.co.uk

The Lasting Difference (10:15am)

THE LASTING DIFFERENCE
Sustaining nonprofit organisations, leaders & impact

Organisational Capacity

The creative management consultancy behind the Lasting Difference and Lasting Leadership suite of resources. We make them freely available on this site because we believe in non-profit organisations and their place at the heart of a healthy society. Our mission is to contribute to strong, sustainable, well-run non-profit organisations led by confident, informed, capable leaders.

info@thelastingdifference.com

Wednesday 2nd November

Workshops at 9:45am

Each attendee will select to attend one session, one at 9:45am and another at 11am. When you register to attend, you will find a link to a Microsoft Form embedded within your booking confirmation email. We will accommodate first choice where possible, but these will be allocated on a first come, first serve basis. To assist the running of these sessions, we ask all attendees to ensure pop-ups are allowed on their technology device.

Linking Lives: Being inclusive of culture and religion within befriending

Join national Christian befriending charity Linking Lives UK for their workshop on: case studies of befriending in a culturally diverse setting; How to be inclusive and celebrate community connections; and key takeaways for an inclusive framework
Jeremy@linkinglives.uk

Home Group: Respecting and Involving Stakeholders

Our stakeholders shape and influence everything we do at Home Group, this helps us respond to their needs at all times. The Befriending programme at Home Group was designed the with our customers at the heart of it from day 1, this workshop will identify how we included them and any lessons learnt along the way.
Andrew.Ball@homegroup.org.uk

Time to Talk Befriending: Monitoring Impact measurement

What do you want to achieve through monitoring and evaluation? What is the best method for capturing feedback? And how do we present this data? Join Emily from TTTB to answer these questions and more
Info@tttb.org.uk

Volunteer Scotland: Volunteering Action Plan

In our session, we will delve into some of the current issues facing volunteers including the ongoing Covid-19 pandemic, the cost of living crisis and community resilience. We will look at this within the context of the new Volunteering Action Plan and explore some of the ways volunteer involving organisations can best respond to this changing landscape to ensure ongoing volunteer engagement.
Sarah.latto@VolunteerScotland.org

UK YOUTH: Coming together to address youth loneliness

UK Youth is a leading charity working across the UK, who influence as a sector-supporting infrastructure body, a direct delivery partner and a campaigner for social change. UK Youth's new 2025 strategy, "Unlocking Youth Work" outlines a bold ambition to impact young lives by unlocking youth work as a catalyst for change.
James.found@ukyouth.org

Befriending Networks: Open Networking

This is an open session for anyone who wants to network, discuss anything or just have a breather
info@befriending.co.uk

Workshops at 11am

Each attendee will select to attend one session, one at 9:45am and another at 11am. When you register to attend, you will find a link to a Microsoft Form embedded within your booking confirmation email. We will accommodate first choice where possible, but these will be allocated on a first come, first serve basis. To assist the running of these sessions, we ask all attendees to ensure pop-ups are allowed on their technology device.

Rowan Alba: Substance Abuse in Relation to Trauma

Rowan Alba's key values are to accept, support and include. Join Rowan Alba to hear from the CARDS team: Community Alcohol Related Damage Service is a befriending service which provides emotional health and social networks to service users through volunteers, breaking the stigma of substance abuse.
David.Milne@rowanalba.org

Queen's University Belfast: Covid-19 and Befriending Services for Older People: What have we learned?

The arrival of COVID-19 caused many significant challenges for Befriending Services, who had to adapt quickly to provide alternative types of remote support for existing and new service users. Noleen will talk about what we have learned from the experience of services during COVID-19 and what we can do to prepare for future crises, by drawing on the findings of a UK wide survey and insights from stakeholder workshops.
N.McCorry@qub.ac.uk

Carers Leeds: Providing Support through Digital Inclusion

Hear from Carers Leeds Digital Inclusion Co-ordinator how Carers Leeds has used digital inclusion as a means to reduce social isolation and loneliness for unpaid family carers. As well as how the pandemic has changed the way we support our befrienders. Finally how digital and befriending will work together going forward with the recruitment of 'digital inclusion befrienders'
Nikki.Pattinson@carersleeds.org.uk

Aberlour: Supporting Young Refugees

Aberlour's Scottish Guardianship Service (SGS) supports unaccompanied asylum seekers and trafficked children arriving in Scotland by helping them to navigate the asylum and welfare process. As part of the SGS, the Befriending Project offers a volunteer who can help build confidence communicating in English, help them get to know the local area, and introduce them to new activities. This session will explore some of the particular issues and challenges for our volunteers.
tom.smith@aberlour.org.uk

Befrienders Highland: The Impact of Change
Befrienders Highland changed their befriending model to one of mental health recovery in 2017. We will discuss the impact this had on our service and service users, how we involved our stakeholders in the change process, and will share the positive results. We will also talk about more unexpected, wider organisational changes that have occurred since we changed to this recovery model.
Susan.White@befriendershighland.org.uk

Befriending Networks: Open Networking
This is an open session for anyone who wants to network, discuss anything or just to have a breather
Info@befriending.co.uk

Wednesday 2nd November

Running a Befriending Service

Thursday 3rd November, 12:30pm – 3pm

Join our membership officer on Thursday 3rd November, 12:30pm - 3pm. This training session is an interactive discussion and networking event designed specifically for new befriending projects or staff that are new to their role. Open to everyone, this is a chance to network with members and non-members of Befriending Networks, growing your contacts and peer-support. This event is facilitated by our membership officers:

- Sandra (For projects in England) sandra@befriending.co.uk
- Nicola (For projects in England) Nicola@befriending.co.uk
- Jenny (For projects in Scotland, Northern Ireland and Ireland) Jenny@befriending.co.uk

All attendees of this event will gain access to our Good Practice Guide: Running a Befriending Service, a membership exclusive commonly. The session covers three key topics:

(1) Looking After Wellbeing

(2) Key Policies and Procedures

(3) Volunteer Recruitment and Retainment

Register for your space now: https://www.befriending.co.uk/training-events/online-training/25226-running-a-befriending-service/

Thursday 3rd November

Research in the Field: Community and Connection

Tuesday 8th November, 9:30am - 12:15pm

Join our research event on Tuesday 8th November to hear from three keynotes, all centered on the topic of community and connection. More information on our keynotes on the next page. This event is free to members and £20 for non-members.

9:30am - 9:35am // Welcome

9:35am - 9:45am // Networking Breakout Rooms

9:45am - 9:50am // Agenda and Introductions

9:50am - 10:20am // Keynote 1 - University of Essex

10:20am - 10:25am // Summary and Intro

10:25am - 10:55am // Keynote 2 - A Better Way

10:55am - 11:05am // Coffee Break

11:05am - 11:35am // Keynote 3 - Greater Manchester Centre for Voluntary Organisation

11:35am - 11:55am // Networking and Reflection on Learnings

11:55am - 12:15am // Question Panel with all Keynotes and Closing Remarks

Register for your space now: https://www.befriending.co.uk/training-events/conferences/25230-research-in-the-field-community-and-connection/

Research in the Field: Community and Connection
Tuesday 8th November, 9:30am – 12:15pm

University of Essex

We have found in our research and in discussion with others that connectedness is thought of and measured in a variety of ways, which poses barriers for programmes that seek to improve social connections and measure their impact and progress. Our work focuses on identifying key indicators of social connectedness in the existing literature, knowledge synthesis and collaborative efforts to advance our understanding of connectedness. We are a group of 30+ researchers, voluntary and community organisation representatives, whose aim is to inform research and evaluation of social connectedness in practice and to map the policy impact approaches in this area. We are looking to share with you our findings on social connectedness concepts and measures, impact of social connectedness on health and recommendations for those working to implement initiatives that aim to improve social connectedness. www.essex.ac.uk // dvidov@essex.ac.uk

A Better Way

Behaviours for a Better Way

A Better Way is a network of people working together to improve services, build strong communities and bring about a fairer society. People come to the network for a variety of reasons: to gain and share ideas, to pause and reflect, to make new connections and meet people from different sectors, and to work with others to build momentum for wider change. This network welcomes those at the frontline of community practice as well as thought leaders from across public, private and voluntary spheres - recognising the shared benefits of bringing people together from different backgrounds and with different life experiences. "The greater our diversity, in every sense, the more we learn from each other and by joining forces we're more likely to achieve the change we want to see." This keynote will share their 'Behaviours for a Better Way' to assist with creating positive impact and influencing change in communities.
www.betterway.network // stevewyler@betterway.network

Greater Manchester Centre for Voluntary Organisation (GMCVO)

Thea Monk, Programme Manager and Sharon Summers, Project Officer from GMCVO will present findings from the report 'It's not just about place, it's about people too". The report recognises that place-based approaches have limitations in terms of meeting the needs of all marginalised groups meaning that these kinds of approaches can further exclude marginalised older people who are members of dispersed communities of identity or experience. They will introduce a tool developed to identify and co-produce with marginalised groups within neighbourhoods. During the session, you will be guided through the unique model - a spatial approach to working with marginalised communities. www.gmcvo.org.uk // thea.monk@gmcvo.org.uk

Befriending Networks
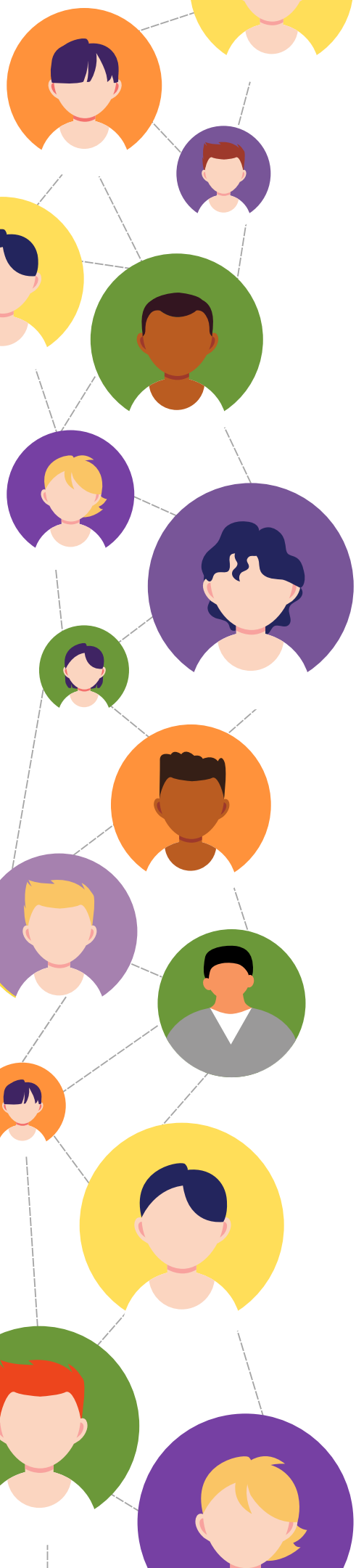
Volunteer Retainment

Wednesday 9th November, 10am – 11:45am

£25 for members / £35 for non-members

Community projects can often feel disappointed or confused when a volunteer disengages. Recruiting and training volunteers is a time consuming but mandatory task in the third sector, one that you need to be time well spent. To help highlight the key principles of volunteer retainment and how to implement them within your organisation. The theory from this training could be applied to befriending projects, mentoring projects or any other volunteer-led community project. This 1hr45minute interactive session will focus on:

- Good practice in volunteer retainment
- Problem solving
- Case study example
- Networking opportunities and learning from others

Post-event, all participants will receive a copy of our Volunteer Retainment Toolkit, a 17-page booklet outlining our seven key principles of volunteer retainment.

Register for your space now: https://www.befriending.co.uk/training-events/topical-training/25231-volunteer-retainment/

Befriending
Networks

Research in the Field: Wellbeing

Thursday 10th November, 9:30am – 12:15pm

Join our research event on Thursday 10th November to hear from three keynotes, all centered on the topic of wellbeing. More information on our keynotes on the next page. This event is free to members and £20 for non-members.

9:30am - 9:35am // Welcome

9:35am - 9:45am // Networking Breakout Rooms

9:45am - 9:50am // Agenda and Introductions

9:50am - 10:20am // Keynote 1 - Community Fund

10:20am - 10:25am // Summary and Intro

10:25am - 10:55am // Keynote 2 - National Academy for Social Prescribing

10:55am - 11:05am // Coffee Break

11:05am - 11:35am // Keynote 3 - UK Youth

11:35am - 11:55am // Networking and Reflection on Learnings

11:55am - 12:15am // Question Panel with all Keynotes and Closing Remarks

Register for your space now: www.befriending.co.uk/training-events/conferences/25232-research-in-the-field-wellbeing/

Thursday 10th November

Research in the Field: Wellbeing

Thursday 10th November, 9:30am – 12:15pm

Befriending Networks

The National Lottery Community Fund and Brightlife Cheshire

We are very excited to welcome the National Lottery Community Fund and Brightlife Cheshire to keynote at our Wellbeing event. The Fund's research team has a vast amount of knowledge on community development and working collaboratively to create a bigger impact. Brightlife was supported by the Fund to deliver social prescribing schemes across Cheshire that linked healthcare and community services and helped older people to discover what they can do and what they enjoy, allowing them to rebuild their own social support networks. More information to follow soon.

National Academy for Social Prescribing

Volunteers are the backbone of most community activity that supports people with their physical and mental wellbeing. For some people the act of being a volunteer is also part of a planned approach to their own well being . Volunteering can be signposted to as a 'social prescription' by an NHS Link Worker or other community connector. The National Academy for Social Prescribing has prepared a new guide to support this: ' 7 steps to wellbeing through volunteering: How to link to social prescribing'. We'll take you through the 7 steps and invite your input as we prepare for an updated guide later in the year.
jeremy.hughes@nasp.info

UK Youth

UK Youth is a leading charity working across the UK, who influence as a sector-supporting infrastructure body, a direct delivery partner and a campaigner for social change. UK Youth's new 2025 strategy, "Unlocking Youth Work" outlines a bold ambition to impact young lives by unlocking youth work as a catalyst for change. UK Youth will share their learnings to help illustrate how to best tackle youth loneliness.
James.found@ukyouth.org
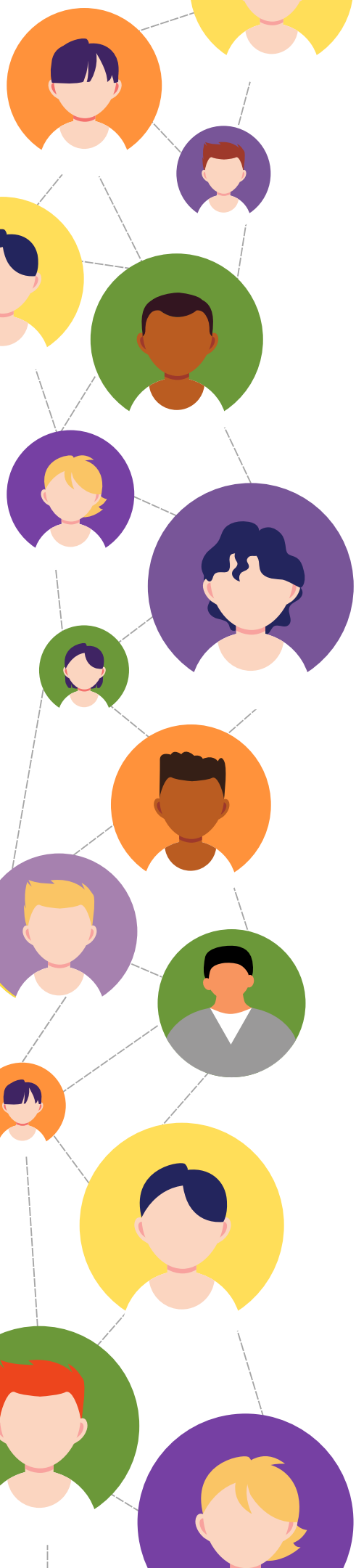
Alternative Funding: Knowing Your Options
Wednesday 16th November, 11:30am - 12:30pm

We are all aware of the competitiveness and strain that funding can cause staff within the third sector. With reports documenting a strain on funding, we want to ensure staff are aware of options out there to try and ensure sustainability. Join this free session for a quick one hour tour around some of the options out there. This session aims to cover Crowdfunding, Microfinance, Donations, Gift-Aid, Fundraising and Grants.

All attendees of this short event will gain a written guide of top tips.

Register for your space now: https://www.befriending.co.uk/training-events/online-training/25233-alternative-funding-knowing-your-options/

Befriending Networks

National Annual Conference 2022

Programme of Events

www.befriending.co.uk/training-events