

We provide the tools - you build the befrienders!

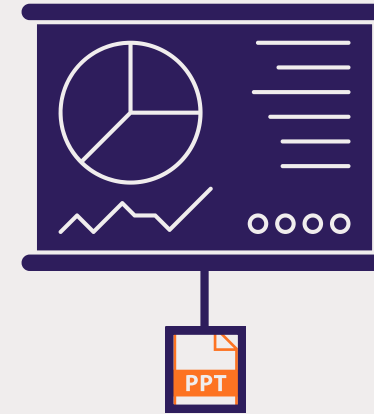


Written activities and handouts

- Development plan as a befriender
- Preparing for your support and supervision
- Davie Grey Poems and Reflective Questions
- Boundaries - What is Okay in my project?
- Reasons why befriending matches end
- How can my project support me?
- The Equality Act - Knowing Protected Characteristics

Interactive activities for facilitation

- Boundaries in Befriending
- Communication in Befriending: Starting your match
- Endings in Befriending: Why do matches end?
- Trauma in Befriending: How to best support
- Roles and Responsibility in Befriending



Presentation PowerPoints

- Support and Supervision
- Confidentiality and Safeguarding
- Communication and Building Your Relationship
- Top Tips on Being a Befriender

Training Podcasts

- What is befriending? (3min36)
- Building your befriending relationship (7min52)
- Boundaries (5min47)
- Communication Skills (10min49)
- Understanding Bereavement (2min08)
- Understanding Trauma (2min24)
- Social Skills (2min30)
- Welcome to Befriending Networks sounds (1min57)



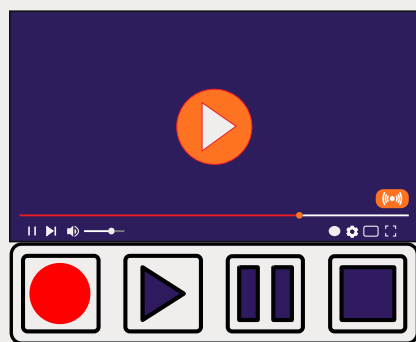
Reading materials

- Good Practice Guide: Being a Befriender
- Protect your wellbeing: Guidance for Befrienders
- Understanding the positive impact of befriending



Training videos

- Davie Grey Part One (1min46)
- Davie Grey Part Two (2min12)
- Protecting Wellbeing and Your Resilience (12mins)
- Social Connection and Social Skills (2mins01)
- Support and Supervision (5min42)
- What is befriending (1:31)
- Looking After Your Volunteers: The Four Principles (6mins08)
(This last video is for staff training only)



Infographic Posters

- Top Tips on Volunteering
- Top Tips on Being a Befriender
- Top Tips on Staying Safe in the Winter Holidays
- Top Tips on Signposting



The Befriender Training Toolkit is a membership exclusive. Register here:
<https://www.befriending.co.uk/training-events/btt/>