

# Befriending Scheme

Registered Office:  
Bassetlaw Action Centre  
Canal Street  
Retford  
Nottinghamshire  
DN22 6EZ

Registered Charity No: 1106908  
Company Registered in England & Wales No: 5177066

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Bassetlaw Action Centre  
is supported by or affiliated to:



Bassetlaw

**ACTION**

Centre



## BEFRIENDING



**Befriending is a means to reduce isolation  
and increase independence**

Bassetlaw Action Centre  
Canal Street  
Retford  
Nottinghamshire  
DN22 6EZ  
Tel: 01777 709650



Bassetlaw Action Centre  
@BassetlawBAC

[enquiries@actioncentre.org.uk](mailto:enquiries@actioncentre.org.uk)  
[www.bassetlawactioncentre.org](http://www.bassetlawactioncentre.org)

## Face to Face Befriending

Our befriending scheme can receive referrals from anyone who is suffering from extreme loneliness. Befriending is a means to reduce isolation and increase independence.

Clients are placed with a befriender who will visit them for one hour a week in their own home and chat to them whilst encouraging them to make positive choices and help them to help themselves.

When the clients are referred to us, we match them with a volunteer, who may have similar interests and hobbies and lives in the same area. This service is free of charge, but there may be travel costs incurred for the volunteer mileage.



**NOTE: Due to Covid 19 all  
Befriending is currently via  
phone.**

## Telephone Befriending

Our telephone befriending is a free service which offers weekly calls made to our clients by volunteers.

As with home visits, we ensure to match our clients with a volunteer who may have similar interests or hobbies, and the volunteer will encourage clients over the duration of the call to make positive choices.

For those clients who are unable to have home visits or use the telephone we may be able to offer befriending letters.

For further information please call:  
01777 709650

The office opening times are:  
Monday to Friday  
9:00am to 1:00pm

