



We look forward to working with you.



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Visit our website at  
[www.befriendachild.org.uk](http://www.befriendachild.org.uk)



befriend a child



turn a frown upside down

Registered Charity Number SC005467  
[www.befriendachild.org.uk](http://www.befriendachild.org.uk)



# Information for Referrers

## Befriending Programme

Do you know a young person who is struggling and would benefit from a befriender?

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## Befriending programme

Befriend a Child's befriending programme supports children and young people aged 5 to 16 years old who are living in challenging life circumstances across Aberdeen and Aberdeenshire. Befriending offers children an opportunity to build a trusting relationship with a volunteer befriender while enjoying social and recreational activities together.

Children referred to our befriending programme are matched with a volunteer, who is trained, PVG checked and supported by our experienced staff team. Through providing a positive adult role model and positive life experiences our volunteers help children and young people to build confidence and self-esteem as well as develop life interests and skills. In time this can have a transformational effect and allow the child to deal positively with their challenges and help them to realise their potential.

Befriend a Child volunteers are chosen for their qualities of kindness, reliability and stability. The befriender and young person will spend 2-3 hours twice a month enjoying activities across Aberdeen and / or Aberdeenshire that are child led.

We ask our volunteers for a year's commitment as it can take time to build up a trusting relationship. Relationships can last longer than a year but that is up to both the befriender and the child. Regular reviews take place with the referrer, volunteer and parent / carer to evaluate the progress made.



**85%**

of referrers said that the children they have referred have increased self confidence and self esteem.

"I wanted to pass on our appreciation to Lena for everything she has done for Sophie over the last seven years. She has been through so much and Lena has been there for her every step of the way, thank you just doesn't seem enough." - Social Worker

## The referral process

Children and young people can be referred to our befriending programme by professional agencies such as social work, education, healthcare professionals or third sector organisations. Young people referred to the programme are aged 5 - 16 years old and living within a 25-mile radius of Aberdeen City Centre. Please read our Befriending Referral Policy for full eligibility criteria before sending through a referral.

For a referral to befriending we require a referral form, a Child's Plan or Chronology and if these are not held any relevant information on the child that will help us assess them for befriending.

Once a referral is accepted, we will check with the family that the young person is happy to have a befriender, and they will be placed on our waiting list. Once a suitable volunteer has been identified, we will contact you to arrange a match meeting for you to meet with the Befriending Co-ordinator and volunteer.

### Criteria

Children can be referred for a number of reasons including:

- Social isolation
- Low self-esteem and confidence
- Lack of a positive role model
- Child or parent mental health
- Parental substance use
- Child affected by abuse or neglect
- Disability within the family

