

Young Person Information



Registered Charity Number SC005467

befriend a child



turn a frown upside down

What is Befriending?

Befriending is all about making a new friend, someone you can trust, who's there just for you. Your befriender is a trained adult volunteer who will spend time with you regularly (usually twice a month), doing fun things together and helping you feel more confident and happy.



Did you know
Befriend a Child has
been helping children
and young people for

50
years?



Who Can Get a Befriender?

If you're between 5 and 16 years old, and things in life feel a bit tricky, maybe you're feeling a little lonely, things are tough at home, or you are lacking in confidence, you might be matched with a befriender.

Befrienders are there to listen, support you and most importantly, have fun!



Did you know your
befriender is there for
just you? With all
outings being

1:1

What Type of Activities Can You Do With Your Befriender?

It's completely up to you! If you have been wanting to try a new activity, or revisit somewhere you haven't been in a while, you can do this with your befriender. Here are just some ideas:

Head to the beach Try pottery painting

Go to Codona's **Play video games**

Play at the park **Go swimming** Pet animals at the farm

Get creative with arts and crafts

Play mini golf **Enjoy a tasty meal out**

Watch a film at the cinema

Try a new activity such as horse riding

Go to the trampoline park



Visit our website at www.befriendachild.org.uk