

Making Memories Befriending Service

Our service is for anyone over the age of 18 with dementia and other / undiagnosed memory problems. It will support you to live well with Dementia and Memory problems and do the things you want to do.

Our trained befrienders will explore what your interests are. They can support you to try new activities or to continue hobbies that you have always enjoyed. It's all about supporting you to continue to live life the way you want, to and stay active and independent for as long as possible.

Our service aims to match befrienders who have similar interests to you that you can take part in together. Our befrienders accompany you to local groups, lunch clubs or craft sessions, or do things like walking or swimming. You could go out for a coffee and a chat or our befrienders could visit you in your own home.

Our service will provide carers with peace of mind and some free time to do the things they want.

Our befrienders are friendly, trustworthy and enjoy spending time with people. All Befrienders must give references and are DBS (Disclosure & Barring Service) checked.

Please note we cannot carry out “personal care” tasks, escort people to medical appointments or prepare meals for people.

Charges

£10 per hour – Monday to Friday 9am - 5pm (minimum 1 hour)

£15 per hour – Out of hours service available (minimum 1 hour, subject to availability)

43p per mile – To cover volunteer travel expenses (for outings and activities)

Activities Group

A weekly Activities Group will provide you and your Carers an opportunity to take part in the activities you choose and receive information you would find interesting.

- ❖ Take part in Arts & Crafts
- ❖ Take part in quizzes and games
- ❖ Socialise and reminisce with friends
- ❖ Choose speakers who may interest you



Weekly Activity Group:

Friday 1pm-3pm

Newark & Sherwood CVS, 67 Northgate, Newark, NG24 1HD.

Charges

A small weekly fee to cover the cost of activity materials and guest speakers

Volunteers always welcome

People who do not have a carer to accompany them may bring a befriender.

Please note we cannot carry out “personal care” tasks.

Interested in becoming a Volunteer Befriender?

Help support people with dementia and other / undiagnosed memory problems and their carers to live well with dementia and memory problems.

Befrienders will be trained and matched with service users who have similar interests so that they can be supported to try new activities or continue hobbies that they have always enjoyed but now find more difficult.

As a befriender you will help someone to continue to enjoy their day to day lives, their interests and activities for as long as possible, making a positive difference to their health and wellbeing.

Full training and support will be provided.

For more information contact

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Dementia Information Officer

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Supporting people to live well with Dementia