

The Dementia Befriending Service is a project of **One Place East** which is based in the London Borough of Redbridge. We are dedicated to promoting, improving and protecting the mental health and emotional well-being of the wider community. We offer high quality services to local residents seeking mental health support. We provide information and signposting, as well as challenging the stigma and discrimination that people experience in their everyday lives.

We are looking for Volunteers

The role of the volunteer is to offer 1-1 support to reduce the isolation of people with dementia.

Experience is not essential as full training will be provided. We ask for a minimum of 6 months commitment for approximately 3 hours per week. All out of pocket expenses will be reimbursed.

If you live in or around the Redbridge area and are interested in volunteering with us please contact Jan on the contact details at the back of this leaflet.

CONTACT US:

If you would like to refer a person with a diagnosis of dementia to our service, or want to talk about volunteering with us please contact:

Project Manager:
Jan Mitchell

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Follow us:



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REDBRIDGE DEMENTIA BEFRIENDING SERVICE



A free service improving the quality of life of people with dementia who live at home or in a residential care setting; through the provision of volunteer befrienders

Redbridge Dementia Befriending Service

We aim to provide a service to people with memory problems who are living independently, attending day services, going through transition into residential or nursing care as well as those already living in long term care settings.

Redbridge Dementia Befriending Service will facilitate the person with dementia to continue doing what interests them, or to help them to participate in activities that will help to reduce their isolation and improve their general wellbeing.



Is there someone you think may benefit from befriending?

Dementia is an 'umbrella' term that describes a number of brain disorders that commonly cause a loss of brain function and skill. The most familiar of these are Alzheimer's Disease and Vascular Dementia.

Dementia can be tremendously isolating for the person who has the illness. For the family of those with dementia who may live at a distance, work full-time or have family commitments; it can be stressful and worrying if someone with dementia spends a deal of time alone. While some people may have a care package in place, this does not always allow time for an opportunity to:

- share a hobby
- to chat about his/her life up to now
- to play cards or complete crosswords
- look through old photos
- walk to the park

Volunteering with Redbridge Dementia Befriending Service

All volunteers are required to undertake training that will give them the skills to provide the befriending service. We do not expect them to be an expert in dementia but we do ask them to be prepared to make a commitment of a minimum of 1 visit per week. We require the volunteer to undertake an enhanced Disclosure and Barring Service check (this checks if they have any criminal convictions) and two character references. In return for this, Redbridge Dementia Befriending Service commits to:

- provide on-going support
- cover reasonable travel and out of pocket expenses

All of our staff and volunteers are passionate about making a difference to the quality of life of older adults with dementia and value the opportunity to develop meaningful, lengthy relationships with the person that they are befriending.