

TIME FOR YOU!



Time for you! is a FREE service helping carers to make social contacts and increase involvement in social activities. We know that carers can become isolated and lonely as a result of their caring role.

The purpose of the service is to offer a reliable relationship to you if you have found it difficult maintaining social connections as a result of your caring role.

You will be matched with a trained volunteer 'befriender' who will arrange to either phone or visit you once a week for a period of 12 weeks.



**CARERS
TRUST**
Heart of England

For more information on Time for you
or to register an interest in receiving
this service contact Michelle Sawyer
at Carers Trust
michelle.sawyer@carerstrusthofe.org.uk



What 'Time for you!' offers to you

- Your befriender will offer a listening ear, and a chance for you to talk about any worries.
- Your befrienders can help find out what is going on in the local area and help introduce you to activities.
- They can help you to maintain your interests and continue activities at home if you are unable to get out
- They can help to reduce any feelings of isolation or loneliness you may be feeling, by providing a regular weekly contact with you
- In person contacts could involve a chat over a cup of tea or engaging in a common interest.
- The purpose of the befriender is to help you emotionally, by reducing any feelings of isolation and/or loneliness and to help develop your confidence to engage in activities you enjoy.
- The contacts you have with your befriender should be fun and focussed on positive actions to help you feel more connected.

What 'Time for you!' doesn't offer

- Befrienders aren't able to help you with personal care, ,
- They cannot carry out financial transactions for you or substantive domestic duties
- Whilst volunteering for Carers Trust they are delivering a service on our behalf and so need to abide by Carers trust HofE policies and procedures on safeguarding and confidentiality.



The befriender

- All befrienders have undergone training in their role. They have passed enhanced DBS checks and referencing and will be matched to yourself via your local wellbeing adviser.

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