

Becoming a volunteer youth befriender

An experience to exceed all expectations



Space for Youth Befriending provides children and young people aged 5 to 16 years, living citywide in Edinburgh, with a volunteer befriender once a week for 2 to 3 hours who will support and encourage them to explore new activities, find new interests and hobbies, with a view to engaging in local youth provision.



Our approach

The Befriender is there to encourage the young person to explore new activities and interests.

Their work helps their young befriender to build confidence and self esteem, improve social skills and make friends out with their peer group.

We aim to:

- Involve others
- Treat everyone with fairness and respect
- Be responsible and accountable for our actions.

**"Being a befriender
gives me three hours
of joy a week"**

What does Space Youth Befriending Project expect from volunteers?

Space for Youth Befriending Project asks volunteers to commit to 2 to 3 hours a week, for 12 months from completion of the Youth Befriending training programme. Volunteers are expected to attend regular support sessions and bimonthly group activities.

During your 1:1 time together with a child or young person it is hoped that the young person's self-esteem and confidence may increase and that isolation levels may decrease. Befriending also helps young people to access opportunities in Edinburgh that they might not otherwise have had to the opportunity to do so and/or discover new hobbies and talents.

For more information about becoming a volunteer or about the project please contact:

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