



# Befrienders


Volunteer to support children and young people in care in Nottingham and Nottinghamshire

**The  
Children's  
Society**

## What is a befriender?

A befriender is someone who volunteers to support children and young people, acting as a trusted adult and a listening ear. Befrienders are independent from social services and all other agencies. Children and young people can talk to them about anything they want.

**A befriender's role is to listen. You'll be a consistent, positive, encouraging role model in the child or young person's life, so we ask you to make a long-term commitment to be a befriender – usually a minimum of two years. You can do fun things together or try something new – whatever the young person wants.**

A young man with short, light brown hair is sitting outdoors, leaning against a tree. He is wearing a black t-shirt and blue jeans. He has a thoughtful expression, looking off to the side. The background is filled with green foliage and trees.

*"it's nice having  
someone there just  
for me, who listens  
and chooses to spend  
time with me."*

Young person



## How does it work?

**The service is for children and young people in care aged 5 to 17. When you volunteer as a befriender, we'll match you with a young person. Sometimes, this might take us a little while. It's important that we make sure the young person is comfortable with and gets on with their befriender.**

Once you've been matched, you'll meet once a month, at a time and place that suits you both. The young person can opt out at any point if they decide that they no longer want a befriender.


The support you'll offer will be confidential. You should only pass on information the young person shares with you:

- if they ask you to
- if you think the young person or someone else is in danger
- if you're worried that a crime has happened or may happen.

**“I know that just being there  
and listening can make all the  
difference – that’s why I volunteer.”**

## **Get in touch**

To find out more about how to volunteer with Nottingham and Nottinghamshire Befrienders, scan the QR code or get in touch.

 **0808 196 8422**

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**Scan the QR code  
to find out more.**