

# The PramaLife FOCUS Befriending and Mentoring scheme

a free service available to you as a carer in Bournemouth, Christchurch and Poole

## Focus - Friends Offering Carers Understanding and Support

The Project is an opportunity to talk and focus on you as the carer. We have befriending volunteers who are recruited for their listening and communication skills.

We can match you up with a fully trained volunteer befriender with similar interests to chat with on a regular basis on the phone or face to face.

Edith is a carer on the Focus Project, when asked how it made her feel, she said:

“ My befriender helps me to feel more normal, especially when I know I can share my caring role with her because Anne has experience with caring for her own mum who has Alzheimer's. Talking to someone else makes you feel they are in the house with you. ”

If you are new to caring or your circumstances are changing, we can also support you with a volunteer mentor, who are existing or ex carers. They can offer you guidance, provide you with useful information and advice or their personal experience for your future caring role.

A befriender can meet you in person or chat on the phone, to offer friendship and a listening ear. Our volunteers can keep in regular contact with you, as much or as little as you like.



To find out how we can help you as a carer, please call the team on 01202 207329 to talk through your situation. All calls are treated confidentially, and if we aren't the right solution for you, we will try our best to signpost you to other support or help.

[www.pramalife.org](http://www.pramalife.org)

# Can you offer some time to help?

We need volunteers to provide support for carers in **Bournemouth, Poole and Christchurch.**

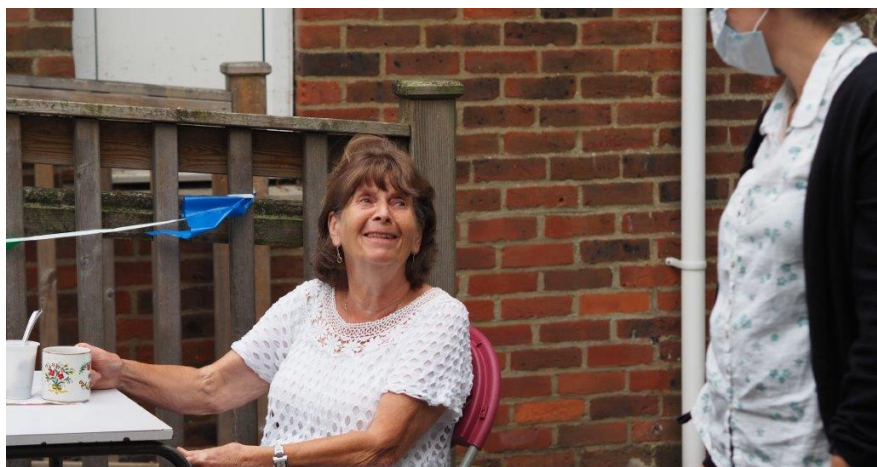
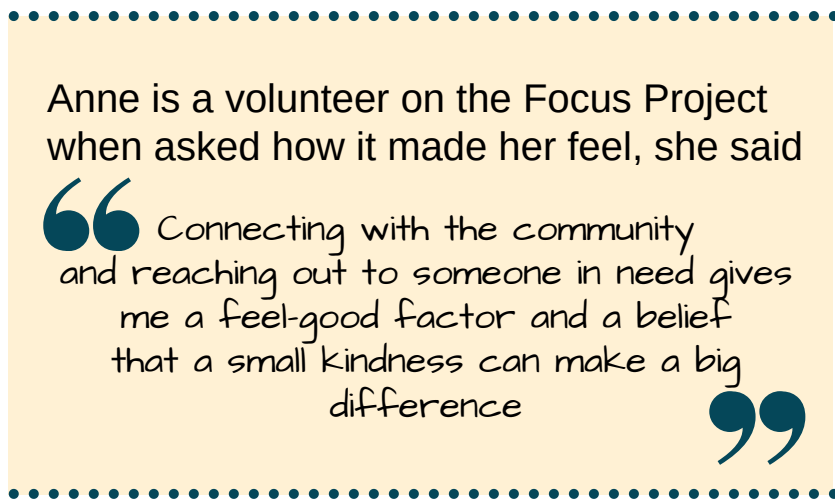
Supporting carers is very rewarding, a volunteer befriender or mentor can make a huge difference to their lives. We need volunteers who enjoy talking to people and are good listeners.

We induct, train and support all our volunteers, you are important to us and the carers you will be supporting.

As a volunteer befriender you will be matched with a carer who you can meet with e.g. for a walk or in a café or have a telephone/online friendship with. You do not have to commit a lot of your time to make a difference, and this can easily fit in with other commitments.



As a mentor volunteer you will have cared for someone and be able to share your experience and offer guidance. We know this is invaluable to new carers and to those whose circumstances have changed. Your input will ensure that they will have more confidence as a carer and be able to access the support they need.



If you would like more information about becoming a volunteer, please contact the team:

**Email [befriending@pramalife.org.uk](mailto:befriending@pramalife.org.uk) or contact Diana or Mandy on 01202 207329**  
**or send us your details via the website [www.pramalife.org](http://www.pramalife.org)**