

NRC's befriending scheme:

Who are we trying to help?
Asylum seekers or refugees who are suffering from isolation or problems such as depression or anxiety.

How does the scheme work?
We match a volunteer with a service user (either an individual or a family). The volunteer offers weekly help and support in many ways.

How do we ensure service quality?
Our volunteers are screened, trained and receive ongoing support and supervision. We also have regular service user reviews separately.

How can a volunteer or service user join the scheme? Please contact us - details overleaf. Referrers should complete a Referral Form (obtainable by post, email or fax).

Where does the scheme operate?
In South Yorkshire.



How can you help asylum seekers and refugees by volunteering?

Imagine having to leave your home and everything familiar behind you. Adjusting to such change is a process all refugees must go through, but some may have particular difficulties because of their experiences.

We are looking for enthusiastic people who can break down barriers and help someone build a new life through befriending. You don't have to speak a refugee language. We welcome volunteers from all backgrounds, including asylum seeker and refugee volunteers.

Some ways in which you can help:

- + Talking things over
- + Signposting to relevant support services
- + Accompanying to appointments
- + Advocating for the refugee's rights
- + Explaining how services work in the UK
- + Interpreting and helping with forms
- + Taking part in joint activities

What will you get from volunteering? Training, expenses, job skills, support, rewarding experiences and lots more!

Are you an asylum seeker or refugee? Would you like some support?

Do you find it hard to cope?
Feel depressed?
Suffer from stress?
Find it difficult to sleep?
Feel lonely and isolated?

If you would like support from one of our volunteer befrienders, please phone us.

Tel: 0114 2412782

Referrals: people can refer asylum seekers and refugees by contacting us or completing a Referral Form, obtainable by post, email or fax. A flowchart is also available. Current referrers include Asylum Seeker Support Teams, GPs, nurses, counsellors, family support workers, social workers and advice workers. We are always looking for referrals, so if you know anyone who might be in a position to refer, please pass on this information.