



### Get in touch

Please ring 0808 802 5555 to talk to a support worker in confidence about your options and our services. The line is open weekdays between 9am and 5pm, and an out-of-hours service is available from 6pm until 8am Monday to Friday and 24 hours at weekends.

For more information about the services we offer and to read stories from survivors, please visit our website [www.fifewomensaid.org.uk](http://www.fifewomensaid.org.uk)

You can also find out more about what we do from our Facebook page or on Twitter, Instagram, LinkedIn and Facebook Messenger.



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## Fife Women's Aid Befriending Service



## Befriending

### What's befriending?

Befriending is part of a project called 'Safe, Secure and Supported at Home' – or SSS@H for short.

We run SS&S@H in partnership with Police Scotland (Domestic Abuse Unit) and Fife Council (Community Safety Fife Cares Service, Housing and Matrix).

### Why should I have a befriender?

If you (and your family) have experienced domestic abuse, a befriender can help you to feel more secure and less alone.

### How does a befriender do that?

A befriender will help you to become more independent, empowered and confident through one-to-one support for up to six months.

They can do this in ways you feel comfortable with. For example, they might:

- join an art or exercise class with you
- go shopping or for a coffee with you
- help you find information and advice
- listen when you need to talk

When you first meet your befriender, you can work together to list the goals that you want to achieve – such as going out on your own.

It's a fantastic achievement when - up to six months later - you have achieved your goals and are able to move on as an independent, confident and empowered woman.

### Who are the bfrienders?

Our bfrienders are women from all walks of life. They are all volunteers.

Anyone who applies to be a befriender has to follow a very strict process.

First, they have to fill in an application form. We then interview applicants we think are suitable. We are looking for women who are friendly, cheerful, empathetic, patient, reliable, positive and non-judgemental.

After the interviews we do PVG and criminal background checks and ask for references. We then train the successful bfrienders through our Induction Training Course.



*'I'm glad I met my befriender, Our first meeting she came with me whilst I got my COVID-19 Vaccine and then afterwards we went for a coffee together. She is easy to chat with and very friendly. She reassured me. Having a befriender is helping me and has come at the right time. It's a positive thing and gives me something to look forward to once a week!'*

### I would like a befriender. How do I get one?

Are you already in service with Fife Women's Aid? If so, talk to your support worker and they will refer you on to befriending.

Do you know someone who would benefit from a befriender? If so, contact the Fife Womens Aid support line and the Befriending Coordinator will contact you to give you a referral form.

### Contact us

Fife Womens Aid Support line: 0808 802 5555

Volunteer Email address: [volunteer@fifewomensaid.org.uk](mailto:volunteer@fifewomensaid.org.uk)