



A Befrienders Story

Volunteering means making sure that the project and the volunteer share similar values. Discussions with staff ensured that our values and principles were shared. The staff at the Befriending Project are skilled, knowledgeable, insightful and empathic. The training was excellent. I have had experience in designing and delivering training, so I know when something works well....and this does.

My young person and I met a few months ago, just before winter was setting in. My only concern was in finding interesting things to do, when it was becoming cold and miserable outside.

My young person is nine years old. She is one of the smartest people I know. Her smile would light up any room and spending time in her company is a joy. We meet every Wednesday after school.

To be clear, my young person sets the agenda sometimes with some suggestions, but this is her time and I accommodate her needs whenever it is possible to do so. Learning to knit was a goal and so this, not very competent knitter, suddenly became more skilled than she ever knew! We go swimming, we play 'ball' in some very interesting places, I am learning how do the 'splits' (well, in reality I am observing how to do the 'splits'), that just might be a skill I have to admit to never having tucked under by belt. We catch up over coffee and I have learned how to order all sorts of wonderful concoctions from Starbucks. Sometimes we go out for dinner. We have carved



pumpkins and been to the movies and as my friend is a Craft Queen my crafting skills are on an upward trajectory. The most exciting thing of all is I am learning how you do Maths in 2024!

The Dumfries and Galloway Befriending Project offers a safe space to meet, and group activities provide opportunities for all the young people and their befrienders to make new friends.

With spring just around the corner, we are planning bike rides and some outdoor pursuits, especially beach combing – a crafting must.

Wednesdays have become a very special time in my week.