

South West Cavan Befriending Scheme

The South West Cavan Befriending Scheme was set up by the South West Cavan Community Development Project Ltd. in October 2004, with the help of social services, medical and clerical channels in the area.

The Scheme essentially focuses on the establishment and support of a pool of volunteers to work with the elderly and those with special needs in the South West Cavan area.

It is hoped this scheme will go some way towards alleviating the loneliness and isolation of people in the South West Cavan area.



SOUTH WEST CAVAN BEFRIENDING SCHEME

House No. 2, Réaltóg Centre,
Upper Main Street, Kilnaleck, Co. Cavan

Phone: 049 4336070

Fax: 049 4336080

Email: southwestcavandp@eircom.net



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SOUTH WEST CAVAN BEFRIENDING SCHEME



Do you feel isolated, want to
meet new people or wish
someone would call around
for a friendly chat
Or
Could you help someone who
does?

If the answer is Yes, then
read on.....

WE CAN MAKE A DIFFERENCE

The South West Cavan Befriending Scheme

Who are we?

The South West Cavan Befriending Scheme was set up by the South West Cavan Community Development Project in October 2004, with the help of social services, medical and clerical channels in the area. The scheme was set up to provide friendship and support to lonely and isolated people in the South West Cavan area.

Aims:

The aims of the South West Cavan Befriending Scheme are to:

1. Provide a visit regularly to the elderly/those with special needs.
2. Provide support on a one to one basis.
3. Reduce isolation.
4. Increase social contact.
5. Help retain remaining skills.
6. Give respite to carers.

How a befriending volunteer help you?

Befriending volunteers can give their time to support and encouragement in a variety of ways. They can:

1. Take the time to listen and talk
2. Help with daily tasks such as shopping, attending appointments etc.
3. Carry out household chores

How can you get a befriender?

If you would like to join the scheme and have a befriender visit you please call the South West Cavan Befriending Scheme, House 2, Réaltóg Centre, Upper Main Street, Kilnaleck, Co. Cavan on: 049 4336070



What are the tasks of a befriending volunteer?

1. To visit a “matched” client on a regular basis.
2. To help/support other volunteers
3. To listen and talk
4. To help with household chores and errands
5. To promote the scheme through word of mouth

How can you help?

It goes without saying but still needs to be said Our volunteers are everything to the success of the scheme. If you would like to find out more about becoming a volunteer, please contact us by phone, fax, email or in writing.

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