

## MOVING ON SUPPORT SCHEME

This is a new scheme which has been developed and supported by:

- \* Age Concern Eden
- \* Eden Community Alarms
  - \* Eden Carers
  - \* Eden Mind

## WHAT DOES MOSS DO?

Supports people, who due to life circumstances,

- \* have become socially isolated and vulnerable
- \* have lost the social and support networks many take for granted

## HOW DOES MOSS HELP?

By enabling people to become:

- \* More confident
- \* More independent
- \* More able to develop their own social and support networks

## MOSS OFFERS....

### A Case Study:

Befriender Ann says:- “I was a severe agoraphobic living in a very rural location, spending 24 hours in my home. I only ever went out at Christmas for dinner with friends. When I met June my self esteem and confidence was very low. But finding someone who understood, was like winning the lottery” A trusting relationship has developed between Ann and June. Ann now drives her car, something she hasn’t done since she was 17.

Befriender June says “it’s about being there for someone. I could offer support and encouragement which was invaluable.”

## HOW ARE MOSS BEFRIENDEES SUPPORTED?

♥ Regular one to one support and supervision

♥ Free training covering topics such as:

- \* *What is Befriending?*
  - \* *Boundaries*
  - \* *Confidentiality*
  - \* *Safeguarding Adults*

♥ Continuous support for the volunteer and the befriender throughout the relationship

♥ Reimbursement of out of pocket expenses

♥ A rewarding and interesting volunteer opportunity

## WHAT DOES **MOSS** LOOK FOR IN A VOLUNTEER?

Someone who is:

- ♦ Sensitive and caring
- ♦ Reliable and trustworthy
- ♦ Friendly and approachable
- ♦ Respects confidentiality
- ♦ Able to share interests and experiences
- ♦ And can volunteer on a regular basis

## FIND OUT MORE

Contact:

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Visit the website

[www.edenmind.org.uk](http://www.edenmind.org.uk)

**Thank you**  
**for your interest**



M o v i n g o n S u p p o r t S c h e m e

# Volunteer Befrienders Wanted

Throughout Eden

MOSS is a collaborative project between



MOSS is Funded by Defra's Rural Social & Community Programme