

What is Passing the Baton?

Passing the Baton is Bethany's Befriending Service in Edinburgh for those who have been homeless previously, or are at risk of homelessness now. We support those who are on the margins of society and socially isolated, helping connect them to their local community. Befriending has a huge positive impact on people's well-being and how well individuals move on from temporary accommodation, as well as settle into their own tenancy. Bethany volunteers are uniquely positioned to help prevent the revolving door of homelessness by supporting and encouraging people to engage in their local area, making connections to activities, organisations and key people in their community.

What kind of support do we offer?

Each of our Passing the Baton befrienders aim is to be in touch with their befriender around 1.5-2 hours every week or fortnight, over a period of 2-12 months. Complementing support offered by other providers around Edinburgh, the aim of the befriender is to build a relationship and connection with their befriender, such as meeting for a coffee, chatting on the phone or going for a walk. The befriender also helps connect their befriender to at least 2 local community activities such as gyms, creative classes and support groups. On-going training and support is provided for all befrienders, including areas such as good listening, supporting people with chaotic lifestyles, mental-health awareness and the importance of self-care.

Get in touch

For more information contact a Passing the Baton Facilitator:

Email: ptb@bethanychristiantrust.com

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www.bethanychristiantrust.com



Bethany
Christian
Trust

Ending Homelessness
in Scotland,
one person at a time

Charity No. SC003783

Edinburgh Health and
Social Care Partnership



Passing
the
Baton

Befriending people back
into the community



Becoming a Befriender

Many of our befriendees come from difficult or challenging backgrounds and may be living with addiction, struggling with their mental health and facing debt. Often this chaotic lifestyle makes it difficult to connect into positive community activities. We run regular training events for people who have a live church connection and wish to make a difference by joining our Passing the Baton befriending team. Volunteers will be expected to promote a common understanding of what Bethany's values mean, and consistently model these while befriending: Love is our standard. We Serve others. We Value the whole person.

STEP 1

Contact volunteers@bethanychristiantrust.com for a volunteer form or visit www.bethanychristiantrust.com to complete a form online.

STEP 2

We will then invite you for an informal interview. We will ask for 2 references, including one from a leader within your church and you will be PVG checked.

STEP 3

We will introduce you to your befriender. We will offer training and regular support, as well as suggestions of community groups for you to encourage your befriender to connect to.

Becoming a Befriender

STEP 1

In discussion with you, a Passing the Baton referral form will be submitted by a community worker to Bethany Christian Trust. A Passing the Baton facilitator will then meet up with you for an informal assessment and let you know in **1-2 weeks** if you are eligible for the befriending service.

STEP 2

We will introduce you to your befriender.

Befriending can last between 8 weeks and 1 year during which time you will be encouraged to connect with at least 2 community activities.

If for whatever reason the service isn't suitable for you, we or your referrer will do our best to find a more appropriate service for you.

How can I refer someone?

If you are aware of anyone affected by homelessness who would benefit from befriending support, email us at ptb@bethanychristiantrust.com

Passing the Baton is available for anyone at risk of homelessness, or who has been homeless previously, supporting those of all faiths and none.

The majority of our referrals come through third sector organisations, social workers, GPs and visiting support providers.

We ask that the referrer is present at the befriender's initial assessment with Bethany Christian Trust and that the referral organisation is able to continue to work with the befriender for at least 6 months of the befriending experience to ensure holistic support is offered.

Please note that all our befrienders are volunteers, not professional counsellors or support workers. Their focus is to help connect their befriender into the community, not to carry out support-role tasks such as shopping, picking up prescriptions, sorting out bills or attending appointments. As the befriender operates within Bethany Christian Trust's professional boundaries and confidentiality agreement, the relationship between the befriender and befriender is a professional one. It is not a reciprocal friendship or companionship in the traditional senses of the word, but is a professional relationship to help an individual to build their confidence, to develop social contact and interaction, and connect into community activities. Please bear this in mind when making a referral.