



Thank you for expressing an interest in 121 Youth Befriending. Enclosed is our Information Pack, which gives you more details about the project, the young people we befriend and the work undertaken by you, the volunteer.

Most of the young people we befriend are, for a variety of reasons, going through a bad patch and finding it difficult to cope with the problems life has dealt them. Some do not have the advantage of an extended family to talk too; however having someone to talk to who is not part of their family or friend's network can be invaluable. That's where our befrienders come in. They fill those small gaps in a young person's life; they provide a listening ear, a bit of advice and, most important, some fun and something to look forward to.

It takes very little to turn a young life around and although most of our Befrienders only spend a few hours a week or fortnight with the young person, the change can be dramatic and lasting. We see the changes; it's what drives us on to recruit and train more people who obviously have an interest in young people and their welfare and who want to give them the kind of support that can really help.

Our befrienders come from all walks of life and are all ages; they say that the work is sometimes challenging but always enjoyable and enormously rewarding. Please join them by filling in the application pack enclosed and return it to the address below.

We provide initial preparation/induction and all prospective volunteers will be sent an express learning training pack, which can be completed at their own convenience and will not take up a lot of time. We also provide on-going support for all our befrienders and arrange further specialised training as requested by our volunteers.

Again, thank you for your interest and I look forward to hearing from you.

Yours sincerely,

Cathy Gaunt
121 Service Co-ordinator

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