



Bonding

**Facilitating intergenerational
solidarity and learning through
building friendships between
youngsters and elderly**

www.bondingproject.eu



Co-funded by
the European Union



This project has been funded with support from the European commission. This publication reflects the views of the author, and the Commission cannot be held responsible for any use which may be made of the information therein.

Project number:
2021-1-PL01-KA220-YOU-000028897



FUNDACIÓN
Intras

KmOp
SKOPJE



Nurturing Quality Connections

Quality matters

If you're considering becoming a befriender or starting a befriending service in your community, know that monitoring and evaluation (M&E) are your best friends in this journey.



Meaningful support

M&E help you maintain the high-quality care that elderly individuals deserve. By keeping an eye on what works and what needs improvement, M&E ensure you provide meaningful and effective support.

Be flexible!

As you step into befriending, remember that people's needs change. M&E helps you adapt to those changes. It could mean adjusting your approach to better help the elderly or expanding to reach more people who need a friend. Being flexible is key to making a lasting impact.



Make a real difference

Ultimately, what you want is to make a real difference in the lives of the elderly you are helping. M&E is the tool that measures the positive changes you bring about in their lives, which is what befriending is all about.



**Embrace befriending,
transform lives!**

