



Bonding

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

www.bondingproject.eu



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Models of befriending services

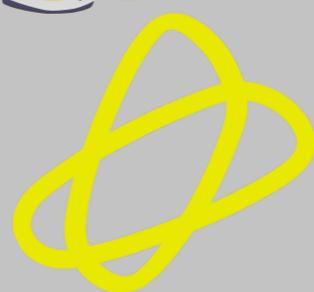
Face to Face, One to One Befriending

Face to face befriending services often involve matched befriender and befriended meeting for a cup of tea and a chat, for an hour or two, usually on a weekly basis either at the befriended's home or in the community.



Distance Befriending

Distance befriending takes the form of a regular conversation and support with an isolated person. The length and frequency of such contact varies.



Group Befriending

Group befriending usually involves some activity for the befrienders where they can learn skill and practice activities. The examples of activities could involve: crafts, walking, cooking, playing chess.



Peer support

Peer support can be an element of any or all of the three models outlined above. It simply means that there is some characteristic or life experience that the befriender and the befriended share. Befrienders who have themselves experienced these conditions may be better placed to understand what the befriended is going through and to enable them to talk about it as desired.



Unity is strength!

