

## **TOP TIPS FOR BEFRIENDING**

It can take time for a befriender to build up the confidence of a client, and there are many interesting ways to do so.

We have detailed some below, and sometimes a mutual love of a hobby or interest can add another dimension to your befriending.

- **MUSIC**

Are you into music? Some of our volunteers use music to engage with their client – like looking up old clips of their favourite artist on YouTube, putting together playlists, listening to old songs from days gone by.

- **REMINISCING USING ONLINE MAPS**

The virtual world is your oyster! Technology can transport us back in time. Look up where the client grew up, went on holiday, memorable places. Using an online map like street view on Google maps can take both you and the client on a virtual tour, looking at how places have or have not changed...travel down the road to see if the local shop or park is still there, talk about what they used to get up to.

- **CREATE A PHOTO ALBUM / PHOTO COLLAGE / SCRAPBOOK / MEMORY BOX**

We all have photos lying about waiting to be filed. The older we get, the more photos and memories we have! Helping to find, collate and put together the photos – and talking about them is a great way to initiate conversations, improve the memory and having a project that can be worked on each week is rewarding to both befriender and client.

- **ENJOY CREATIVE WRITING? YOU CAN HELP WRITE OR TAPE AND AUTOBIOGRAPHY**

Not something that everyone wants to do. But everybody has a story they want to tell. And just getting some of this information down on paper or recorded is a great way to tell a story.

- **ARE YOU UP-TO-DATE WITH TODAY'S NEWS?**

Something as simple as bringing a magazine or newspaper to read together and discuss can make a difference...and everyone loves to put the world to rights, don't they?!

- **HAVE SOME FUN – TELL EACH OTHER JOKES, TAKE ALONG A JOKE BOOK TO KEEP IT GOING**

'Why did the chicken cross the road? To get to the other side! '...OK, we won't give up the day job... But having a laugh and making each other smile goes a long way in befriending!

- **DO YOU PLAY A MUSICAL INSTRUMENT?**

You can offer to play a private concert for them or try to teach simple tunes on it. Teach to read music, or just play some music.

- **GREEN FINGERS?**

Plant and look after an indoor window sill garden together. Plant some seeds or bulbs and help to look after them and watch them grow, just like your befriending!

- **ENJOY GAMES, CARDS OR QUIZZES?**

Play word games, board games, create quizzes and have a prize. Gets the conversation going as well as the grey matter!

- **GO FOR A WALK ....**

'Round the block' taking time to stop and look around and point out anything new or interesting. Or pop out to a local park, find a bench and watch the world go by.

- **START A COLLECTION OR HOBBY THAT YOU BOTH ENJOY**

It can be anything, from funny newspaper stories, to interesting objects found whilst you are out-and-about together.

- **KEEP A TRACK OF FAVOURITE SPORTS / PASTIMES / SPORT TEAMS**

Many people have a favourite sport or hobby that they used to, or still follow. Find out what that is and start to keep a track of what is happening around that pastime.

- **TALK ABOUT LOCAL LANDMARKS AND HOW THE COMMUNITY HAS CHANGED**

You can search through internet for old photos of the local area and discuss how it's changed. Or go for a walk or drive to see them.

- **DESIGN AND MAKE OCCASION CARDS FOR CHRISTMAS, EASTER ETC**

Make cards together for Christmas, Easter or birthdays and anniversaries.

- **TALK ABOUT, RECITE OR PLAY SONGS AND RHYMES FROM CHILDHOOD**

'London Bridge is falling down, falling down, falling down. London Bridge is falling down, falling down, falling down. My fair lady.' Once you start, you won't be able to stop!

*If you would like to be a befriender and want more information or sign up to our Befriending Programme contact:*

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