

Befriending is...

Quite simply a relationship between a volunteer befriender and someone who is at risk of isolation or loneliness. Befriending relationships can change the lives of both the befriender and the person they visit.

These mutually rewarding relationships are organised and supported by experienced and skilled befriending organisations who ensure that the partnerships are effective, safe and structured.



"I thought that was it - my lot in life...I am so glad I don't have to be alone anymore!"

Brighton & Hove Befriending Coalition

We are a group of organisations that provide befriending services to a wide range of people at risk of isolation and loneliness in the city. You can find details of our members inside this leaflet.

Use the Contact Point to:

- Find a befriender
- To volunteer
- To find the group for you

Contact Point

01273 229005

contact@bhbefriending.org

www.bhfrinding.org



"I love visiting her, it has given me a great sense of purpose; I love to hear her stories."

Befriending

Brighton & Hove



The place to go to find out about befriending in Brighton & Hove

Befriending Coalition
Contact Point



01273 229005

e-mail:

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"I can't put in to words how much befriending has changed my life!"

Befriending Coalition



Neighbourhood Care Scheme

Support older people, adults with physical and sensory disabilities and their carers in thirteen neighbourhoods in the city.

t: 01273 775888

e: ncs@bh-impetus.org

w: www.bh-impetus.org



Time to Talk Befriending

Provide inter-generational befriending across Brighton and Hove for people aged 65+ who don't have regular visitors and as a result spend long periods of time alone.

t: 01273 737710

e: info@timetotalkbefriending.org.uk

w: www.timetotalkbefriending.org.uk



Support older isolated people, adults with disabilities and their carers in West Hove and Coldean.

t: 01273 729603

e: thehop50@impact-initiatives.org.uk

w: www.impact-initiatives.org.uk

Befriending Coalition

Sussex Community 

NHS Foundation Trust

Aphasia Befriending Scheme

Is a peer support befriending scheme for adults with aphasia following a stroke.

t: 01273 242271

fax: 01273 682685

e: sc-tr.abs@nhs.net

t: www.sussexcommunity.nhs.uk



East Sussex Association of Blind and Partially Sighted People

Offer befriending and support services to blind and partially sighted people in Brighton, Hove, Portslade and East Sussex.

t. 01323 832252

fax: 01323 833054

e: info@eastsussexblind.org

w: www.eastsussexblind.org



Elder Abuse Recovery Service (EARS)

Support older people who are victims of abuse in the city and East Sussex.

t: 07508 823975

e: gailshanahan@elderabuse.org.uk

w: www.elderabuse.org.uk

Befriending Coalition



Support adults with learning disabilities or autism in the city and East and West Sussex to attend events.

t: 01273 468168

e: kate@stayupdate.org

w: www.gigbuddies.org.uk

Other Befriending Organisations and Projects

These are just some of the members of the Befriending Coalition. The central Contact Point has information about a range of other befriending organisations and community groups such as Macmillan Cancer Support, the Switchboard's LGBT Older People's Project and the St. Vincent de Paul Society, as well as community development projects like The Hangleton & Knoll Project, which provides information on local groups/activities and signposts to other services/groups of interest.

Contact Point

t: 01273 229005

e: contact@bhbefriending.org