

Who can use this service?

Link-Up is open to people living in SecondStep accommodation or using one of our support services. The project is currently available to service users living in Bristol or South Gloucestershire.

If you have been a SecondStep service user within the past 12 months, you can apply to be a befriender.



How do you contact us?

If you are interested in hearing more about this service or would like an application form you can either contact us or ask your Support Worker to do so. You can ring, write or e-mail to:

Link-Up Befriending Project,
9 Brunswick Square,
Bristol BS2 8PE.
Tel: **(0117) 909 6630**
Email: linkup@second-step.co.uk

For information about SecondStep's other services, contact us on (0117) 909 6630



Link-Up Befriending Project

Provided by the Skills and Learning Team



SecondStep provides a range of good quality housing projects and support services in Bristol, South Gloucestershire and North Somerset. These services are for people with mental health and other related support needs.

What does the project do?

Link-Up Befriending Project is part of the Skills and Learning Team.

The project aims to work with you to combat social isolation, increase confidence and the ability to manage your life, increasing skills, as well as promoting a greater understanding of your personal journey of recovery.

How do I get involved?

The project offers two levels of involvement:

1 Volunteers

Do you feel you are at a point in your recovery where you would like to share your experience of recovery, and gain skills and awareness from another service user?

Would you like to use these skills to befriend another service user (befriender) for a further six months?

If so, you might like to become a volunteer.

Volunteers receive:

- Two days Core Training
- Ongoing training as required
- Regular one-to-one support from the project co-ordinator
- An opportunity for peer support from other volunteers
- The chance to gain a qualification.

2 Befriender

Would you like to get out more, meet new friends and improve your confidence?

Would you find it helpful to receive peer support from

someone who has lived experience of mental health difficulties and has been trained?

If yes, you may like to become a befriender.

Befrienders receive:

- The support of a trained Befriender with lived experience for six months
- Weekly meetings/activities with your befriender
- A relationship based around your needs and aspirations
- The chance to become a volunteer yourself.

Will I need to pay anything?

No – this service is completely free. We are funded to run this project through Opportunities for Volunteer, a Department of Health grant scheme.

What happens next?

If you apply or are referred to Link-Up, you will need to fill in an application form and give us some background information about yourself.

