

# Time to Talk Befriending

in the heart of the community

## Doorstep and Garden Pop Rounds

### *Befriending from a distance can make a difference*

This document has been produced in accordance with the Government changes to lockdown restrictions taking place as of 29th March 2021. As a charity we have a responsibility to ensure that we provide helpful information and guidance to ensure that befriending is undertaken safely at a distance.

We recognise that distanced befriending might not be possible or suitable for everyone. We therefore wanted to add an important note here that doorstep visits, garden visits, and/or outdoor visits are optional because not everyone will feel comfortable meeting (or be able to meet) at a distance. For example because people are continuing to shield, are awaiting a vaccination, live too far away from their volunteer. In addition, some scheme members are unable to access suitable outdoor space independently and some volunteers can only provide telephone befriending so it is important that we are all mindful of individual opinions and decisions.

**Please do take your time to read the information outlined within this document. If you have any questions, queries, or you would like to discuss your individual situation in relation to distanced befriending with one of the team, please don't hesitate to contact us on **01273 737710** or email **info@tttb.org.uk**.**



## The important things we ask you to adhere to are:

---

**Volunteers must only visit scheme members in a public outdoor space, on their doorstep or in their garden (including communal gardens) if:**

Both parties feel comfortable doing so.

Both parties are physically able without needing a helping hand or support.

A minimum distance of 2m is kept at all times.

Garden and doorstep visits do not involve going inside/through a building or inside our scheme member's home.

Food and drink is not shared.

Wear a mask if that is what your volunteer befriender or scheme member prefers.

Do not touch or make physical contact with each other.

Do not use the scheme member's toilet or facilities.

**Do not visit if you are displaying Covid-19 symptoms, if you have been in contact with anyone with Covid-19 symptoms or if you have travelled in the past two weeks.**

**Visiting inside people's homes is still not possible but as and when Government restrictions change we will write to you to inform you of our guidelines and protocols. The same applies for group meet ups. We are not restarting group events yet but we will write to you to inform you of any progress regarding this in the future.**

## Things to be mindful of:

---

Take your time to decide if you think safe distanced outdoor visiting is for you. Remember this arrangement must be mutually agreeable. Please don't put your volunteer or scheme member under pressure to make a decision on the spot.

Not everyone will feel comfortable taking part in socially distanced outdoor befriending. So please be respectful if the scheme member or volunteer you are matched with has different views to your own.

Not everyone (especially volunteers) will be able to commit to undertaking socially distanced outdoor befriending. Some volunteers can only provide telephone befriending.

Travel to and from the scheme members home might not be possible for volunteers if they don't live close by.

Telephone befriending has proven to be a valuable way to connect volunteers and scheme members together. So, please do continue to use this vital way of communicating to build relationships and provide companionship.

Socially distanced befriending outdoors should be undertaken following the current Government guidance. Please note that distanced visiting is at your own risk so if you do meet we accept no loss or liability. If Government guidance changes and further restrictions are reinstated, distanced visits will no longer be allowed so please ensure you check Government guidance at all times before visiting.



# What we can do to help?

Although it can sometimes be hard to say no, please don't feel under pressure to say yes to socially distanced outdoor befriending. Please just pick up the phone or send us an email if you are finding it hard to say no. One of the team will be able to support you in a positive way.

Guidance can change quickly so if you are unsure about what is safe and what is not, please do not hesitate to contact the team who can provide you with the most up to date information.

If your situation is unique and you wish to discuss an arrangement that isn't listed within this document please contact us before making any plans to meet up even from a distance.

**Contact Details: 01273 737710 / [info@tttb.org.uk](mailto:info@tttb.org.uk)**

**Please note that these guidelines are likely to change in accordance with future Government decisions relating to Covid-19. However, we will keep you updated of any developments.**

*Finally, to further clarify; home visiting and group meet ups are not possible at the moment but please be assured that we are working behind the scenes to risk assess and prepare for a time in which we will be able to connect together indoors.*



**Time to Talk**  
**Befriending**  
in the heart of the community

Time to Talk Befriending, City Coast Centre,  
North Street, Portslade, BN41 1DG

T: 01273 737710

E: [info@tttb.org.uk](mailto:info@tttb.org.uk)

**[www.tttb.org.uk](http://www.tttb.org.uk)**

Charity Incorporated Organisation Number: 1186555

Design: [ellenstew-art.com](http://ellenstew-art.com)