

If you are over 18, live in Liverpool, access support from your GP or Community Mental Health Team and feel you could benefit from our service, please contact us on:

0151 291 6866

Befriending and Peer Support Service
140 Salisbury Road, Wavertree, L15 2HU



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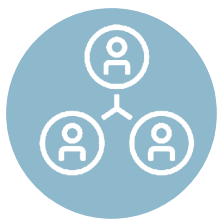
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Liverpool

Our Befriending and Peer Support Service



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We know having a mental health issue can sometimes make you feel isolated and alone.

Our Befriending and Peer Support Service can help you overcome these feelings and enable you to move on in life.

Our aim is to encourage people to re-engage with their communities with the help of a befriender who has similar interests.

With one to one support from your befriender we'll help you get out and about, enjoying other people's company, taking part in activities and events. Try something new or access a pursuit you love or used to take part in. You'll increase your confidence and boost your self-esteem and well-being.



Peer Support Sessions

You're warmly welcomed at a variety of user-led groups and activities located in and around the city.

There are opportunities to be actively involved in these services and we are happy to offer support in developing new sessions. We offer both male and female-only peer groups.

We also organise social events in the community where volunteers and service users can enjoy spending time together.

This is an ideal opportunity to meet new people in a friendly and relaxed environment.



Wellbeing Workshops

We offer a rolling programme of wellbeing workshops in Speke and North Liverpool including

- Stress management
- Yoga
- Relaxation
- Self-management
- Self-confidence and assertiveness



The role of our Befriending Volunteers

Having a mental health problem can leave people feeling isolated and alone. Our Befriending Volunteers are key to our service as they enable our clients to develop a positive and rewarding relationship with people who are choosing to spend time with them, rather than being paid to do so.

We ask you to commit at least 2 – 3 hours of your time each week to support someone, one to one, to help them get out and about and engage with the community.

We have an established matching process so you'll be with someone like-minded and with similar interests. This enables people to develop positive and rewarding relationships that benefits both parties.

You'll be providing social support to help reduce isolation, encourage independence and help build confidence, self-reliance and well-being.



In Return

In return we provide you with training to introduce you to the service and develop your personal skill set. You'll gain valuable experience and a great sense of self-worth.

We have regular support meetings and all out of pocket travel and expenses are paid.

It's also an opportunity to meet new people and make new friends!

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