

Side-by-Side

We know this year has been tough.

That's why we are launching a new project called Side-by-Side, and we're inviting you to be part of it.

Side-by-Side is one way that we would love to support you, as a young person, dealing with what's going on around you right now. We can provide you with an adult 'befriender' who will meet up with you on a regular basis to 'walk and talk', in a COVID-19 safe way. This time will be just for you. You can chat about whatever is on your mind, any worries you may have or decisions you are trying to make. You can chat about your hobbies, your pets or your favourite food! You can chat about... well, you get the picture... anything at all!

Your befriender will be able to give you some tips about how to deal with coming out of lockdown, social distancing, how to look after yourself and to be resilient in the face of the challenges that we are experiencing.

You don't need to be really struggling, be really stressed out, or be feeling depressed or anxious (although it's OK if you are). Connection with others is something we all need at this time, and Side-by-Side offers you just that.

Your befriender will meet up with you regularly for a short walk, lasting 30 – 45 minutes. He or she will be carefully selected and will have someone checking up that they are doing a good job. Anything you chat about with your befriender will be confidential, that means that they aren't going to tell your mum, your friends or your Auntie June about what you say. However, it's important that you know that they have a responsibility to keep you safe. This means that if you tell them about things that cause them to worry that you or someone else has been harmed or is at risk of harm, or might be breaking the law, they'll have to tell someone else to get some support.

If you would like to be part of Side-by-Side, please chat to your parent/carer, as we will need their permission too.

When you have done that, please complete the information form and return it to our Side-by-Side Co-ordinator. He/she will then match you up with a befriender who you are most likely to get along with, and the walk and talks can get started. You can chat to the Side-by-Side Co-ordinator at any point for more information or with any concerns that you may have.

SIDE-BY-SIDE CO-ORDINATOR:

Contact details:

SAFEGUARDING LEAD:

Contact details:

Side-By-Side Information and Permission Form

If you would like to be part of Side-by-Side, please complete the following information and return it to our Side-by-Side Co-ordinator.

About You

Name:

Age:

School:

Male/Female:

Address:

Any hobbies:

Any other interests?

If there is anything you have been particularly struggling with, you can let us know here:

If there anything you would really like to do/chat about on your walks, you can let us know here:

About Your Parents/Carers

Their name(s):

Contact number:

Email address

Please ask them to sign below to give their permission for you to be part of Side-by-Side. The Side-by-Side Co-ordinator will then get in touch with them to arrange the first walk and talk.

Signed:

Name:

Date: