

# Side-by-Side

Dear Parent/Carer

We would like to extend an invitation to your child to be supported via Side-by-Side.

Side-by-Side is a one model of being with young people during a time of social distancing. It is a 'walk and talk' befriending scheme, in which a caring and committed adult meets up regularly with a young person for a short walk, during which they can chat, have some fun, some fresh air and exercise. Working safely within Covid-19 guidance and restrictions, Side-by-Side offers someone to listen and encourage at a time when young people need connection more than ever. The key responsibility for the befriender is to promote positive emotional and physical wellbeing, to extend the young person's support network and to signpost to further support where necessary.

The target age group for young people is 7 to 17 years, but we would be willing to chat further to support younger children or teenagers older than 17 if required. This is not just for young people who may be really struggling, be really stressed out, or be feeling depressed or anxious (although it's OK if they are). Connection with others is something we all need at this time, and Side-by-Side offers just that.

All our befrienders have volunteered because they have a real heart to get alongside young people during this challenging time. They have all been safely recruited and undertaken safeguarding training, and will receive regular supervision from the Side-by-Side Co-ordinator. Walking routes will be pre-arranged and each befriender will make short notes after each session, that will be stored securely. The details of each conversation will be kept confidential, unless the befriender is concerned that a person has been harmed or is at risk of harm, at which point they will inform the Side-by-Side Co-ordinator of their concerns. It is possible that the Side-by-Side Co-ordinator will also speak to your child on occasion. You will be informed and have agreed to the times and locations of all walk and talk sessions.

You can contact our Side-by-Side Co-ordinator at any time throughout the programme for information or with any questions or concerns. If at any time you have any safeguarding concerns you can also contact our Safeguarding Lead.

If you have any further questions, please don't hesitate to ask.

SIDE-BY-SIDE CO-ORDINATOR:

Contact details:

SAFEGUARDING LEAD:

Contact details: