



**Volunteer Centre Sutton**  
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## BEFRIENDING AND BEREAVEMENT COVID SUPPORT

Volunteer Centre Sutton is highly experienced in running volunteer led 1:1 support projects through befriending ([Sutton Befrienders](#)) and mentoring ([MAPS Mentoring Advocacy & Peer Support](#)), delivered by trained volunteers, to support adults, young people and children. These programmes are not intended to replace counselling or specialist interventions. All staff and volunteers are checked, interviewed and trained. If after assessment, or at any stage, it is felt people have complex circumstances or mental health issues, they are signposted onto suitable alternative programmes of support, working in partnership with the Voluntary sector.

## SHORT TERM SUPPORT

<p><b>Let's Befriends – short term befriending service</b></p>	<p>6 week short term, low level telephone befriending for someone who has found themselves lonely or isolated as a result of the Pandemic. If at the end of the 6-weeks the client would benefit from continuing with the befriending they will be passed over to the Sutton Befrienders team.</p> <p>Referral Criteria:</p> <ul style="list-style-type: none"> <li>• All referrals must be over 18 years of age</li> <li>• Be isolated and/or lonely as a result of the Covid –19 pandemic</li> <li>• Be open to receiving our service</li> </ul>	<p><b>How to refer (residents can self refer)</b></p> <p><b>Contact Jess Farazmand via email</b> <a href="mailto:jessfarazmand@vcsutton.org.uk">jessfarazmand@vcsutton.org.uk</a></p> <p><b>Referral form</b> <a href="https://forms.gle/8f9MSwn4mQsa6ABL8">https://forms.gle/8f9MSwn4mQsa6ABL8</a></p>
<p><b>Covid-19 Bereavement Peer Support Group</b></p>	<p>A 6 week pilot project to support those who have lost loved ones due to Covid. We will be facilitating two groups, one for adults and one for children &amp; young people. Both will be run as peer support groups with a facilitator.</p> <p>The groups will run on Tuesdays for six weeks, late afternoon/early evening (exact timings tbc) and will be held virtually on Zoom.</p> <p>Under 18s must have the permission of their caregiver.</p>	<p><b>How to refer (residents can self refer)</b></p> <p><b>Contact Jess Farazmand via email</b> <a href="mailto:jessfarazmand@vcsutton.org.uk">jessfarazmand@vcsutton.org.uk</a></p> <p><b>Referral form</b> <a href="https://forms.gle/rcxjHCNnPPAmeXxF8">https://forms.gle/rcxjHCNnPPAmeXxF8</a></p>



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# BEFRIENDING AND BEREAVEMENT COVID SUPPORT

## LONG TERM SUPPORT



### Long term befriending service

Open ended befriending for people who were perhaps lonely or isolated before the pandemic and are likely to remain so even once life returns to normal.

Referral criteria:

- All referrals must be over 18 years of age and be experiencing loneliness and/or isolation
- Be elderly or have a support need such as a physical disability, learning disability or low level mental health issue
- Able and willing to engage in a meaningful relationship, friendship or activity
- Live in their own homes or sheltered accommodation. We are unable to support people in care homes

For more information about Sutton Befrienders view our short film:  
<https://www.youtube.com/watch?v=E6tGKF3fRTU&t=29s>

### How to refer (residents can self refer)

**For more  
information or to  
refer someone  
email  
[befriending@vcsutton.org.uk](mailto:befriending@vcsutton.org.uk)  
or call 0208 661  
5910.**