



YOUTH ACTION  
PROJECT



# Integr8 Information

*A guide for young people  
and potential volunteers*



**If you require this information in an alternative format such as large print or a different language, please get in touch.**



INtegr8 is West Lothian Youth Action Project's Befriending Service.

INtegr8 supports young people, aged 10 - 21, who are experiencing issues around their mental health/well-being. Young people may have things happening in their lives that affects their confidence or self esteem, like peer or family difficulties, being bullied, or feeling isolated, stressed or anxious etc.

West Lothian Youth Action Project recognised that many young people benefit from individual support, and sometimes, just need someone in their lives who they can talk to and spend time with, outside their normal day to day environment.

Befriending was seen to be an effective way of providing this kind of support.

The project applies for charitable funding to enable it to support the befrienders and young people involved.



Befrienders are Volunteers. They are recruited from our local communities, and have an interest in supporting and promoting the well being of young people.

Volunteers participate in training provided by West Lothian Youth Action Project and Befriending Networks prior to taking on their befriending role. During their training, Volunteers find out about the organisation, the way it works with young people, and the kind of issues many young people may face.

To ensure young people are matched with the right Befriender, INtegr8 will ask for permission to share relevant information, such as application & assessment details, risk factors and medical information with an identified Befriender.

## What befrienders can do for young people

A Befriender will meet their young person, usually once a week, for about 3 hours.



During sessions, a Befriender will support their young person to take part in social and/or recreational activities that they may not have had the confidence or

Young people can talk to their befrienders about things they have going on in their lives, if they choose to. Anything discussed is confidential within the INtegr8 team.

If we are concerned that any young people we support are at risk of harm or putting others at risk, we would need to break confidentiality. We have a duty to report concerns as the safety of young people is priority.

### Responsibilities of befrienders

- To build a trusting relationship with their Befriender.
- To spend time & share activities with their Befriender.
- To be accepting, understanding & non-judgemental.
- To be consistent & reliable.
- To listen, encourage & support.
- To work within West Lothian Youth Action Project's policies and procedures.
- To be aware of boundaries in respect of befriending relationships.
- To regularly up-date the Co-ordinator on the progress of befriending relationships.
- To be aware of and work within the organisation's Confidentiality Policy.

***“Befrienders listen to what young people have to say.”***



## Privacy

We will collect only the information required in order to assess suitability and provide befriending in line with our service criteria and limitations, and hold it securely.

We will ask for permission to share any information we feel we need to share, for example, assessment and profile information to assist in matching, and reviews to demonstrate progress.

If we are concerned about a young person's safety, we may need to share information in line with our confidentiality policy and child protection procedures.



*“It’s good to be able to talk to my befriender if I’ve had a bad day”*

*“My son came home with a spring in his step—befriending was the only service he wanted to take part in”*

*“My client valued the support from the befriending service and reports he is more confident in the local community”*

*“Watching the changes in some of the youngsters make volunteering with the befriending service worthwhile”*

**To enquire further, please contact:**

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