

Oban Hospice Ltd supports people, their carers and families living with cancer, MS, Parkinson's and MND through services offered by The Dove Centre, Dove Outreach and Dove Befriending.

We are an independent charity reliant on our local community, and your contribution of time and/or money, as a Befriender or donor, can make a meaningful difference to people when they need it most. If you are interested in becoming a Befriender please contact Margot Macleod, at margot.macleod@obanhospice.org.uk or phone 01631 561315.

Your can donate in several ways.

- By clicking on the 'donate' button at www.obanhospice.org.uk
- Via cheque made payable to 'Oban Hospice Ltd' and send to the Dove Centre, 19-21 Stevenson Street, Oban, PA34 5NA
- By BACS – Oban Hospice Limited, Sort Code 83-26-04
Account Number 00711803.

A pdf version of this leaflet is available on our website.

To contact Oban Hospice Ltd:
please call 01631 561315 or
email enquiries@obanhospice.org.uk
www.obanhospice.org.uk

Follow us on:

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and at www.obanhospice.org.uk

Company Reg No. Edinburgh SC198133 Scottish Charity No. SCO29299



Working with
Highland
Hospice 

DOVE BEFRIENDING

**SUPPORTING PEOPLE
IN OUR COMMUNITY**

Our Service

Dove Befriending is a volunteer service delivered and supported by Oban Hospice Ltd throughout Oban and the surrounding area. Although our volunteer befrienders do not offer clinical or personal care they can make a big difference to the general wellbeing of the people they support. Befrienders provide social and practical support to individuals living with cancer MS, MND and Parkinson's Disease, helping them live life to the full for as long as possible.

Each person has their own volunteer visit or phone call on a regular basis which enables them to get to know the person who is supporting them and their family. Each person is different, therefore the help and support offered is tailored to their individual needs, for some it might be keeping them company at home or going out to a local café. The service is free of charge and offers friendship, emotional support and companionship; this helps people to do the things they like doing whilst staying connected to the community as well as friends and family.



What to do if you feel we can help someone you know:

**Contact Margot Macleod, Co-ordinator
Dove Outreach and Befriending, Dove Centre,
19-21 Stevenson Street, Oban PA34 4NA**

Email: margot.macleod@obanhospice.org.uk

Call and speak to Margot on 01631 561315 or 07592 633251.

Visit Oban Hospice Facebook page and send us a direct message or drop in to the Dove Centre.

Please note that all enquiries or referrals are followed up by an initial assessment to discuss your needs before we match you up with a volunteer befriender.

[Read more at www.obanhospice.org.uk](http://www.obanhospice.org.uk)

What will our volunteers do?

Following an initial assessment by the Befriending Co-ordinator, the person is matched to their own volunteer befriender. The befriender visits / contacts the person regularly in their own home or by telephone, providing social and practical support in an informal way. The service also aims to support carers by enabling them to have some time for themselves in the knowledge their loved one is being well supported.

Care is taken in matching volunteers with a person or family and the relationship between each befriender and the person they support, is unique. The amount of time spent and activities undertaken will vary but every volunteer will provide a friendly ear to listen as well as extra assistance to help reduce anxiety and stress for individuals and carers.

Befrienders may:

- Take short car trips / outings
- Sit with people to enable carers to have a break
- Chat about local or national news and sports
- Read with a person
- Help with a hobby
- Help with practical tasks such as writing letters
- Provide emotional support at times of change or difficulty
- Accompany to medical appointments or a social group

Befrienders **will not** become involved in personal care, medical care, counselling, domestic tasks such as cooking, cleaning or financial / legal matters.