

All human beings crave for a relationship and certainly need social contact. Relationships are very important to us, whatever age we are, whatever nationality, whichever gender.

Without relationships life can be empty and lonely

MOVING ON SUPPORT SCHEME

MOSS is a befriending scheme which covers the areas of Carlisle and Eden District and provides befriending, coaching and mentoring support

HOW DOES **MOSS** HELP?

By enabling people to become:

- * More confident
- * More independent
- * More able to develop their own social and support networks

befriending has made a strong point that 'no man is an island' everyone needs someone . My befriender has been there for me."

Quote from a befriender

"Wonderful – makes me feel like a human being"

Quote from a befriender

WHAT DOES **MOSS** DO?

MOSS recognizes that the impact of isolation and the lack of social support can lead to depression, anxiety, low levels of confidence and self esteem and in turn these factors make it difficult for people to contribute and get involved in their community.

MOSS with the help of volunteers will :

- ◆ Support older and vulnerable adults by providing regular social contact and companionship helping isolated individuals to engage in community activities as appropriate.
- ◆ support people for a time limited period to set and work towards goals
- ◆ provide support by coaching and mentoring individuals to make changes which improve their wellbeing.

In addition:

- ◆ Befrienderes and befrienders will be encouraged to come together as a group to broaden opportunities for social connection
- ◆ People will also be helped and encouraged to form relationships with other befrienderes people with the explicit intent of enabling people to meet, connect, find common interests, exchange contact details and meet up socially out with the project.

HOW IS **MOSS** ACCESSED?

People wishing to use the service should:-

- ◆ Be over 18 years of age
- ◆ Live in Eden or Carlisle
 - ◆ Meet our criteria
- ◆ Complete our Information Gathering Process
- ◆ Want to be part of the scheme and be supported by a volunteer
- ◆ Where applicable; To make a change and identify goals that they will achieve with their befriender

"I feel my self-esteem has gone up. I'm feeling better about myself. I could rely on my Befriender she came when she said she would & no matter what the rest of the week brought, I could rely on this. Being able to be myself was very important."

Quote from a befriender

MOSS BEFRIENDEES ARE SUPPORTED...

By Volunteers who:

- ♥ Follow a recruitment process
- ♥ Receive on going training
- ♥ Have Criminal Records Bureau clearance
- ♥ Follow a Code of Conduct

By the Scheme Co-ordinator who:

- ♥ Ensures that volunteers receive regular support/supervision and training
- ♥ Ensures that volunteers adhere to the Policies, Procedures and Guidance of Eden Mind and MOSS
- ♥ Will remain in regular contact with the befriender and befriender throughout the relationship

**Thank you
for your interest**

Equal Opportunities Statement:

All users of Carlisle Eden Mind's services should be treated on the basis of merit, capacity and potential.

We will strive to uphold the right of everyone to use our services free from discrimination and harassment. We are committed to taking positive action to combat all direct and indirect discrimination against service users, volunteers, staff and directors.

We are actively committed to opposing all forms of discrimination on the grounds of gender, race, ethnic origin, religious or political beliefs, disability, marital status, age, and sexuality or family circumstances.

FIND OUT MORE

Contact:

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Or telephone the office on 01228 543354

Alternatively visit the website:

www.cemind.org

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Moving on Support Scheme

A Befriending Service

**Across
Carlisle and Eden**



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