

Interested in volunteering?

Supporting adults with
learning disabilities
make and keep friends



Friendship Mentoring Programme

Friends Action North East (FANE) is a North East based charity supporting adults with a learning disability and/or autism to make and keep friends. Friendships are not always easy. Making friends, keeping friends and getting out and about can be difficult for lots of different reasons. But having friends in our lives can make us feel happier, healthier, more confident and more able to do the things that are important to us.

FANE works closely with people to plan a personalised journey towards lasting friendship by providing them with training, support and a 1:1 friendship volunteer. At the end of their journey we aim to have created ordinary opportunities by supporting them into sustainable interdependent friendships.

About FANE

During the last 5 years we have worked with over 140 volunteers at open day sessions and as friendship mentors. The valuable work provided by volunteers has enabled Friendship Finders to be supported on a 1:1 basis through the project providing over 5000 hours of support to the people involved.

We hold regular volunteer events these have always proven to be a real success in sharing good practice and allowing volunteers to learn from one another's experiences, support strategies, community mapping and diverse backgrounds.





Volunteer opportunities available with FANE:



1-2-1 Friendship Mentor

Volunteering up to 2 hours per week the friendship mentor provides 1-1 support to a person with a learning disability to help them to develop their friendship skills and achieve their friendship goals.



Digital Volunteers

The role of a digital volunteer includes using a CMS to input data onto our website and using social media platforms to promote our work and share information e.g. FB, Twitter, Flickr, Instagram etc.



It also includes supporting digital inclusion workshops to help people with a learning disability use digital technology to help support and connect their friendships.



We also have opportunities for people who can build responsive online platforms to create digital training resources and publicity materials using Prezi, Camtasia, Photoshop, App development etc.



Group Volunteers

Our group volunteers have the opportunity to support our 'group support circles'. We have a range of social groups including sports/cafes/photography/art/social accessibility review groups etc. Groups are usually held monthly and enable people to get the chance to meet new people and to practice and develop their friendship skills in their local communities.

Training and support

All FANE volunteers undertake an accredited bespoke induction programme that includes how to support friendship for people with a Learning Disability and/or Autism specific to the FANE mentoring model.

All volunteers are provided with safeguarding vulnerable adults training, First Aid, Eye wish training (supporting people with visual impairments), and an Autism Awareness course. All of our volunteers receive regular supervisions and appraisals via our volunteer co-ordinator and we can also accept volunteers as part of their university placements and/or internships.

FANE also has peer volunteer opportunities on the 1:1 Mentoring programme available for Adults who have a learning disability and/or Autism.





FANE
champions

raising

and creating
opportunities

friendship,
expectations

to do
ordinary
things.



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Friends Action North East



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