



HCSA DAYSPRING

SPIN

Empowering Single Parents



BEFRIENDER'S GUIDE

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Be•friending

/bi'frend/ verb



WHAT IS BEFRIENDING?

The National Council for Voluntary Organisations (NCVO) describes Befriending as ‘a voluntary, mutually beneficial and purposeful relationship in which an individual gives time to support another to enable them to make changes in their life’.



Over time, befriending can provide a transformative experience, resulting in a positive impact on both the beneficiary and befriender.

In SPIN, we hope befrienders (also known as Ally Volunteers) will be a great help in supporting SPIN members (who are single parents) by widening their social circle, improving their emotional and economic well-being, increasing their knowledge on access to resources and parenting/ caregiving strategies.



Words

/wɜːd/verb



**FROM PAST / CURRENT
BEFRIENDERS
(OR ALLY VOLUNTEER)**

WORDS FROM PAST/CURRENT BEFRIENDERS (OR ALLY VOLUNTEER)



It has been a humbling experience ever since I signed up as an ally volunteer with SPIN because I started to better understand the challenges that these parents face and the sacrifices they make to take care of their children.



BY KERRY, SPIN ALLY VOLUNTEER



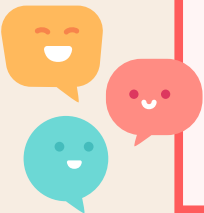
We work around their (single parents') needs. We are not here to fulfill our own milestones, but to help them with their journey.

**BY BRENDA,
SPIN ALLY VOLUNTEER**



My journey of befriending D has opened my eyes to the seemingly never ending struggles and desperate challenges that single parents amongst us face. SPIN's tangible support lends a lifeline to helping persons like D and her child forge forward with fortitude and hope, and it's been my joy and privilege to play a little role of encouragement in this journey.

BY CLARE, SPIN ALLY VOLUNTEER



Be•nefits

/ben.i.fit/ noun



WHAT CAN **BEFRIENDERS** GAIN FROM BEFRIENDING?

Learn to build meaningful relationships



1

As you embark on this journey, you are bound to experience different scenarios that you are not used to. It will proceed to bring up your courage and creativity as you come up with different methods to help SPIN members.

Inculcate courage and creativity



2

Through the experiences, you will learn to build meaningful and positive relationships with SPIN members.



WHAT CAN BEFRIENDERS GAIN FROM BEFRIENDING?

Ignite the passion to help others succeed



3

Befriending will ignite the passion in you to help others succeed. In a competitive society where everyone strives to be on top, you have managed to set aside that nature and pursue the passion to help others succeed with you.

Discover different sides of others that you often do not see



4

You will be able to discover more about the different sides of single parents and encounter their strengths that you've never seen before, especially in a situation where you will meet people from different backgrounds. The stereotypes that society emphasizes on will be dispelled.

Discover different sides of yourself that you did not know about



5

Finally, you will realise strengths and capabilities you did not know you possess as you learn more about yourself through the befriending experiences.

Role •
Responsibilities •
Expectations



BEFRIENDERS/ ALLY VOLUNTEER

Commit to befriending for 6-12 months



Take initiative to engage/ interact with member at least once a month (estimated amount of time in a month: 4-8 hours)

e.g. face to face meet-up, phone/video call

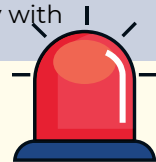
Note: Befrienders should track and record their interaction/ befriending hours with the member.



Be mindful of the goals that are set to know how to support member

Flag out to social worker/ case worker on any high-risk situation/ crisis

Attend to member's needs while coordinating closely with social worker/ case worker during the crisis



Provide emotional support through a listening ear and communicate with empathy



BEFRIENDERS/ ALLY VOLUNTEER

Share practical tips, skills and knowledge
that will benefit member

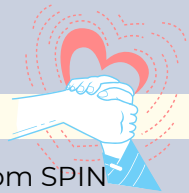
e.g. parenting tips, CV writing



Connect member to known resources
and social network

Provide practical assistance (within own capacity) to support/
address member's needs

e.g. ad hoc child-minding, accompany to clinic

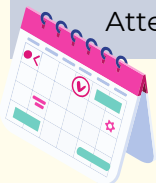


Receive informal coaching and support from SPIN

Provide feedback and record of befriending
hours to SPIN through the designated channels



Attend at least 1 SPIN event and 2 training sessions





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