



b.friend

A project of



Befriending is... listening, drinking tea, laughing, showing compassion, hearing difficult stories, helping with English, visiting a museum or art gallery, going for a walk together, learning from another culture...

b.friend was established in 2011 by Sam Sayer. Sam had spent 9 years giving advice to asylum seekers and refugees in Bristol through her role as advice worker at Refugee Action. Whilst practical help was available in the city there was a gap in service provision for emotional and social support on a one-to-one basis. b.friend has filled this gap by providing a person shaped solution to the problem of isolation for asylum seekers and refugees in Bristol.

b.friending



St. Michael's link person for b.friend is CHRIS GANE who has been a befriender.

b.friend equips trained volunteer befrienders who commit to meeting on a regular basis with asylum seekers and refugees identified as isolated. Referrals to the service come from Bristol Refugee Rights, British Red Cross, Refugee Action, Unseen, Brigstowe Project, The Haven (NHS) Bristol Wellbeing Therapies, Refugee Women of Bristol and Womankind. Volunteers receive training and ongoing support. Volunteers commit to spending a year befriending.

Sam would love to hear from you if you would like to know more about b.friending or the Craft Collective. sam@b-friend.org.uk or 07759 293884

Thanks to St. Michaels for their support

b.friend Craft Collective

The Craft Collective is a sewing based gathering for asylum seeking and refugee women who are looking for something fun and creative to do on Saturday afternoons. We are supported by a team of gifted volunteers who teach and support as we learn new skills on our machines. Projects include bags, purses, bunting and clothing.



Prayer Points:

- * For those befriended who are often struggling with depression and poverty.
- * For the volunteers as they support those they are matched with.
- * For Sam as she manages and supports.
- * For the provision of ongoing funding.