

## WHO WE WORK WITH

Anyone can refer themselves or be referred to us. We welcome anyone who has experienced, or is moving away from homelessness, for example people living in temporary / supported accommodation or people with more stable housing.

Applicants should be ready to engage with the project, and build a meaningful relationship with their volunteer.

Due to COVID-19, this service can be adapted to function by phone or by Zoom.



I'm not on my own,  
somebody cares enough  
to call me



She makes me feel  
upbeat, a real godsend  
during covid

To refer someone for this project,  
please complete the  
referral form and email it to  
[scp@justlife.org.uk](mailto:scp@justlife.org.uk)

CONTACT



07734 694 316



[scp@justlife.org.uk](mailto:scp@justlife.org.uk)



[www.justlife.org.uk](http://www.justlife.org.uk)

 Justlife

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## SOCIAL CONNECTION

A befriending  
project for people  
moving away from  
homelessness

“ This gives me the strength  
to carry on, it's a boost,  
makes me feel life is worth it ”

## WHAT IS SOCIAL CONNECTION?

Justlife's Social Connection project provides support to people moving away from homelessness by helping them overcome social barriers, isolation and loneliness.

The project consists of a team of volunteers who meet one-to-one with clients and do an activity of their choice, whether that's going for a walk, trying something new or just going for a coffee and a chat.

## PEER SUPPORT

We also run a peer support group that meets regularly at a local venue to provide a space for clients to:

- + Meet new people
- + Share experiences
- + Have a laugh
- + Support each other
- + Chat, listen and share
- + Build connections

## PROJECT AIMS



This befriending project aims to strengthen people's resilience and independence, empower them to take control of their lives, and reduce the risk of them returning to homelessness.

The project provides opportunities to meet new people, spend time together, share experiences, and join in with community activities.

## OUTCOMES



SUPPORT NETWORK DEVELOPED



IMPROVED COMMUNITY ENGAGEMENT



IMPROVED WELLBEING



MEANINGFUL RELATIONSHIPS AND CONNECTIONS

## HOW IT WORKS



Our volunteers are non-judgemental, reliable, patient and flexible, with a passion for supporting others.

We aim to match people with shared interests, identities or life experience.

Volunteers will meet regularly with clients and support them in:

- 01 IDENTIFYING THEIR STRENGTHS AND INTERESTS
- 02 RESEARCHING APPROPRIATE ACTIVITIES
- 03 ATTENDING COMMUNITY ACTIVITIES
- 04 INCREASING RESILIENCE AND SELF-MANAGEMENT