

# Make Contact

If you feel you would benefit from  
talking to a befriender

Please contact our

Family Liaison Team

0161 456 8098

[Karen.wilson@lisburneschool.stockport.sch.uk](mailto:Karen.wilson@lisburneschool.stockport.sch.uk)



WE'RE  
HERE  
FOR YOU

# Befrienders



*"It's a relief to know that  
you can make contact  
with other parents who are  
going through the same  
thing. "*

**Lisburne School  
Befrienders Scheme**

## What is a Befriender?

A befriender is a parent/carer or member of staff of a child with additional needs that attends/attended Lisburne School. This person will have been trained to support and listen to other parents who are struggling.

For many families receiving a diagnosis for your child can be a devastating and uncertain time. Coming to terms with the fact that your whole life and your family's life will be completely different to how you planned or thought it would be can be overwhelming and scary.

It has been recognised that parents going through this do not necessarily want to talk to a counsellor or GP etc they want to talk to someone who understands what you are going through, as they have been there themselves.

# SCOPE

Our school befrienders are:

Martina McCreery

Tina Heywood

Sharon Hulme

Fiona Southam

Linzi Hyde

Our befrienders all come from different backgrounds and have children with different disabilities.



## How do I get a Befriender?

If you feel you would benefit from talking to one of our befrienders either email, call or just drop in and we will pair you up with the most relevant befriender to your situation.

## Where do we talk?

Befriending sessions will take place at school in a quiet room where you will not be disturbed. It will be just yourself and your befriender over a cup of tea or coffee.



## How many sessions will I have and how long are they?

Sessions are 1 hour, most likely once a week. How many you have is up to you, but we don't envisage you needing more than 6. If however you decide you feel better equipped to cope that's absolutely fine, you can stop whenever you want to.

Equally if you have 1 session and decide befriending is not something you want to continue with that is also ok, just let us know.