

being there



life limiting illness support



Support for local people with cancer, strokes, heart disease, respiratory conditions and other life limiting illnesses

0845 123 23 29

www.beingthere.org.uk

Being There for you

Being There is a Greater Manchester based charity providing Covid safe face-to-face and telephone befriending, psychological support, respite sitting, transport and social support to people living with cancer, strokes, heart & respiratory diseases and other life limiting conditions. We also support carers and family members.



To find out more about Being There please call: **0845 123 23 29** or contact us using one of the local numbers or email addresses on the back of this leaflet.

Opening hours: Monday to Friday 9am to 4pm.

What Kind of Support do we offer?

Our person-centred support includes:

Listening and Befriending

Talking through life experiences, difficulties and concerns.

Respite Sitting

Allowing carers time for themselves.

Connecting

Online and face-to-face social and wellbeing activities.

Transport*

Driving support for a hospital appointment or treatment.

Information

About local services and support networks.

Being Heard

Is our professional counselling for exploring past or present difficulties, end of life issues and bereavement.



All services are provided free of charge.

*There is a suggested donation of £5 towards transport.

Government legislation requires Being There to protect clients, volunteers and staff from second hand smoke.

We respectfully ask all clients to refrain from smoking whenever staff, volunteers or fellow clients are present even at home.

What people say about Being There

*"It is nice that a Being There volunteer rings me regularly. It really helps me when I am feeling down and it is good to open up and discuss my worries. Knowing that there is someone there to talk to each week makes me feel much better and reduces my anxiety.
I look forward to our calls."*

"Being There helps a lot of people and has been really beneficial for me. I regard it as an essential service. My volunteer befriender visits me every week and we have a chat and play cards He is very friendly and a great listener. Knowing that he will be coming gives me something to look forward to each week. My volunteer is more like a friend than a visitor."

"I chose to volunteer for Being There because it fills a gap in the care of people with life limiting illness. I do recommend volunteering for Being There for everyone. It is really rewarding."

"I don't know how I would have coped without the telephone support from Being There. Being There is the only service that has regularly kept in touch with me, listens to me and understands my needs."

"I don't know how you managed to get me to talk about the things I didn't think I would, but you did it in such an easy way I felt so comfortable to share."

"The service is brilliant...absolutely wonderful! Receiving a phone call from my volunteer is like a lifeline and a friendly voice on the other side of the phone. It makes you feel appreciated."

"The volunteers spend time building rapport with you. I can talk to my befriender in confidence. I truly can laugh and cry with her."

Their support is priceless.

Volunteer NOW!

You can make a difference

Volunteers are urgently needed in Greater Manchester so that Being There can support as many people as possible.

Volunteer roles include:

Befriender (telephone and face-to-face), respite sitters, drivers (with their own car), online and face-to-face group support. If you are a good listener, are reliable, flexible and have a little time to spare (2 hours a week or fortnight) we would love to hear from you.



Ongoing training and support are given.

Out of pocket expenses are paid.

Enhanced DBS check required for all volunteers.

We are an inclusive charity which welcomes both clients and volunteers from Black Caribbean, Black African, Asian and other minority ethnic backgrounds, people who identify as LGBTQ and people with disabilities.

Local Branch contacts

Central/North Manchester

northmanacs@beingthere.org.uk
Tel: 0161 230 1431 Mob: 07749 368339

Central/South Manchester

southmanacs@beingthere.org.uk
Tel: 0161 230 1431 Mob: 07845 793889

Salford

salford@beingthere.org.uk
Tel: 0161 213 1936 Mob: 07599 957153

Tameside

tameside@beingthere.org.uk
Tel: 0161 711 0643 Mob: 07709 522631

Trafford

trafford@beingthere.org.uk
Tel: 0161 213 1935 Mob: 07716 122613

Being Heard

referrals@beingthere.org.uk Mob: 07708 635183

Diversity Link Worker - Tameside

diversity@beingthere.org.uk Mob: 07871 453269

Volunteering

volunteering@beingthere.org.uk Mob: 07840 533056

Central number:

0845 123 23 29

Central email: info@beingthere.org.uk

Facebook /BeingThereForYou

Twitter @BeingThereGM

Instagram beingtheregm

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COMMUNITY
FUND

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