

## HOW CAN A BEFRIENDER HELP?

A **Befriender** will do what a friend will do for a friend in trouble. Often it takes a timely suggestion, advice, encouragement or assistance to change a life.

A **Befriender** with basic training in befriending, can be an effective change-agent.

Some ways in which a **Befriender** can help an ex-inmate:

- Build a bond of confidence and trust
- Encourage the ex-inmate to keep away from negative peer groups and further trouble
- Help strengthen family relationships
- Support good work habits
- Support aspiration for educational and skill upgrading
- Encourage spiritual, sporting and leisure pursuits
- Develop personal grooming and confidence



## HOW CAN A BEFRIENDER HELP?

A **Befriender** must be a good listener, maintain close contact with the ex-inmate and make periodical visits to his home and family.

An active **Befriender** will meet up with the inmate in prison once a month during the last 10 months of the inmate's imprisonment.

Upon the inmate's release, the **Befriender** will follow-up at least once a month for 6 months to assist in his reintegration.



Be a  
**SIKH**  
**BEFRIENDER**  
Because everyone  
needs a friend

## Sikh Welfare Council (SIWEC)

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Sikh Welfare Council is a registered charity (UEL S98SS0018L) with IPC status (IPC No. IPC000683, IPC Period: 05/11/2013 - 30/09/2015).



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**SINGAPORE**



# The Sikh community's challenge

Sikh inmates serving long-term sentence for drug related offences form a significant part of the prison population. This is an issue of concern to the Indian community by large.

The Sikh community must act now to help them reintegrate into the community as socially useful and law abiding members of society. They must be helped from returning to their old ways.

## NEEDS FOR EX-INMATES

Ex-inmates find it difficult to fit back into society after spending a long time in detention.

The immediate needs of an ex-inmate are to return to his family, obtain a job and seek other forms of assistance to help him resettle into the community.

Some ex-inmates reintegrate easily while some require hand-holding over a longer period of time.

## WHO ARE BEFRIENDER?

**Befriender** are a special group of concerned and caring individuals whose aim is to help fellow human beings regain their worth and dignity.

**Befrienders** come from all walks of life.

The essential qualities of a **Befriender** include sensitivity, empathy and above all a desire to help others. The **Befriender** is a person who believes that, given goodwill, opportunity and assistance can reintegrate individuals into society.



**You can be special !**

**Be a BEFRIENDER  
CONTACT US**

**We are just a phone call  
away....  
6299 9234**