

SETTING UP A TELEPHONE CIRCLE OR TREE

Borders Buddies is a project started in the Tweeddale area of the Scottish Borders, thanks to funding from Scottish Borders Council's Community Fund. The aim of this project is to reconnect people and groups post-pandemic, especially those who have become isolated and disconnected during recent months. Read more about it here: <https://otbds.org/introducing-borders-buddies>

The idea is that each member of the telephone circle, phones one person for a conversation each week. That way each person makes and receives one call every week and has a new conversation with a friend or neighbour nearby.

The telephone circle works well with around 6 people, but you could start with 2 or 3 people and build from there.

Telephone trees - these can be useful for letting people know of last-minute changes - say an outdoor meeting is rained off. Each person phones or texts one or two others, so that it isn't down to one person to notify everyone.

WHAT YOU NEED TO GET YOU STARTED IS

- Names and phone numbers and names and agreement on when to phone.
- A list of who phones who each week- perhaps try for 4 weeks to get started and see how it works for you.
- Share the phone list with your telephone circle.

If you have the phone numbers already - phone people up and ask if they want to try it out.

If you don't have phone numbers you could send a note asking if they want to join in.

The note could say something like:

I'm thinking of setting up a telephone circle and I would like you to be part of it. The idea is that there are a few of us and each week we make a phone call to one person and another person phones us. That way we all make a phone call and receive a phone call.

My phone number is

Can you phone me so we can chat a bit more about how we do this?

Thank you

My name

How about trying it out and seeing what happens? You can change it as you go along so it works well for your telephone circle.

For more information about Borders Buddies please contact
ruth.n@otbds.org,
07711 210431
or see our website:
otbds.org

outsidethebox

