

Befriending Service

**Are you feeling lonely or isolated ?
Would you benefit from companionship
and/or support?**



We can introduce you to a fully trained and CRB checked Volunteer Befriender who will visit you on a regular basis.

This may involve having a chat over a cup of tea in your own home or participating in an activity of your choosing.

A visit from one of our Befrienders may help you to reduce the feeling of loneliness and isolation, increase your confidence and help you to feel part of your local community

A volunteer will be paired with you taking into account your location, interests and needs.

**For more information
please speak to your GP**

