

# Sharing Time

Our volunteers offer regular contact, sharing their time, either by a home visit or a weekly telephone call, providing friendship and support.

## How can we help

- Conversation
- Sharing stories
- Play board and card games
- Help with correspondence
- Provide a link to other services

We aim to reduce social isolation and loneliness in later life by sharing time together, providing friendship and support.

## Contact Us



01733 554963



[sharingtime@ageukcap.org.uk](mailto:sharingtime@ageukcap.org.uk)



[www.ageukcap.org.uk](http://www.ageukcap.org.uk)

