

Befriending Volunteering

Could you spare an hour each week to have a chat and a cup of tea with an older person?

Volunteers are matched with an older person in the community. They visit them or call them on a regular basis to provide companionship through our Sharing Time service.

Volunteer today

Creating
friendships really
do make a
difference.

Contact Us



01223 221925



volunteering@ageukcap.org.uk



www.ageukcap.org.uk

