



Cambridgeshire
& Peterborough

ageUK

Let's change how we age

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



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