



**Are you a good listener?**

**Do you enjoy making someone's day?**

**Why not become a Befriending Volunteer and help older people feel less alone?**

**What will I be doing?**

You will be matched with an older person, providing friendship and sharing news, views and interests either as:

- A Visiting Scheme Befriender - you will regularly visit an older person in their own home, perhaps for a cup of tea and a chat
- A Telephone Befriender - you can enjoy a regular friendly chat on the phone with one or more older people

**What are the benefits?**

- Induction and ongoing support provided by the Befriending Team
- Knowledge that you are supporting an older person in your community
- An opportunity to gain new friendships and skills

**\*All volunteers are recruited subject to references and an enhanced DBS. Training and support will be provided.**