

Telephone Befriending service

Age UK Norfolk's befriending service offers a vital lifeline to many older people, who would otherwise feel lonely and isolated.

Our friendly telephone befriending volunteers love nothing more than brightening your day, whether it's by having a friendly chat, completing a fun quiz or simply laughing together about something funny that has happened during the week.

Receiving a regular chat over the telephone helps to break the feeling of loneliness and many of the people who use our service have told us how much they enjoy their social call.

How the service works

After the initial few weeks you are assigned your own befriender, who provides friendly conversation on a regular basis. All our benders are volunteers, who freely give up their time to help lonely older people.

This service is completely free. We even phone you so that you don't have to pay for the calls.

In the community

The service provides a link to the outside world and often acts as a gateway for other services and valuable support.

We can advise on other services available across Norfolk that support well-being and independence, as well as provide information and help you to make contact with clubs and groups you can access in your area.

Get in touch

If you or someone you know is interested in finding out more about how the befriending service can help, please get in touch and we can discuss the service in more detail.

If you are contacting us on behalf of someone else, please obtain that person's agreement first.

Volunteering – we need you!

At Age UK Norfolk, we rely on the support of our volunteers and we're always looking to recruit people for our befriending service. If you have a genuine interest in people, you're a good listener and you can commit to regular volunteering we'd love to hear from you. We have people with a wide range of skills and interests and we try to match up befriending partners wherever possible.

For more information about our telephone befriending service, please call us on 01603 785 223

