



Phone Friends provides local, older people who feel lonely with a regular, free, friendly phone call from one of our Phone Friend volunteers

Our friendly, caring and fully trained volunteers **make over 300 calls a week**. Each phone call makes a huge difference to the life of an older person.

Age UK Oxfordshire

Tel: **0345 450 1276**

Email:

phonefriends@ageukoxfordshire.org.uk

Visit our website at:

www.ageuk.org.uk/oxfordshire

9 Napier Court, Barton Lane, Abingdon,
OX14 3YT

Phone Friends Volunteers

Are you a friendly person who is happy to chat on the phone?

Have you got an hour or more to spare each week?

Why not give **Paula** a ring on **01295 234 850** and find out more about what is involved in being a Phone Friend.

We offer you out of pocket expenses, training and support and in return you will join a great team of volunteers helping to make a difference, every week

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Phone Friends

‘A friendly voice at the end of the phone’



By listening, as well as talking, our volunteers can provide information and help for all kinds of things in addition to signposting to other services and offering support



Phone Friends is also a way of checking in to see that an older person is well. If the call is not answered, we will contact a friend or relative, which offers peace of mind.

“Phone Friends has given me something to look forward to during the day”



“There are no limits to the call. We talk about everything under the sun, from wartime memories through holiday visits to the garden and what is in flower and what I am preparing for tea this evening”

Every week we phone an older person and have a good chat with them. We phone at the same time each week at a mutually convenient time and, over time, our volunteers build up a friendship with each person



Phone Friends is an unfunded service, reliant on funding from local groups and businesses in order to run. If you would be interested in finding out more about how you could help support this service please phone **Paula** on **01295 234 850**