

To find out more about this free service:

**Befriending: 0121 704 7846**  
**befriending@ageuksolihull.org.uk**

**Clubs: 0121 704 7811**  
**activities@ageuksolihull.org.uk**

**Office Hours Monday to Friday 9am to 4pm**  
 (leave a message on our answerphone and we will get back to you asap).



Linking People Together is for over 65s and there is a waiting list for all services. Cases are assessed on an individual basis but priority is currently being given to people who:

- ◆ Are housebound
- ◆ Have a long-term illness
- ◆ Have no family or other support locally
- ◆ Have low level memory loss

The service is currently funded by Solihull Metropolitan Borough Council as well as our own fundraising activities.

**Age UK Solihull** The Core, Central Library Building, Homer Road, Solihull, B91 3RG

**Registered Charity Number** 1055887



# “Linking People Together”

Age UK Solihull’s **Volunteer Befriending** service supports older people to maintain social interaction and remain vital members of their local communities.

**The service is divided into four core elements:**

- |                              |                                   |
|------------------------------|-----------------------------------|
| Home-based Befriending       | Telephone Befriending             |
| Practical advice and support | Community-based social activities |

## Home-based Befriending



Our **1:1 face-to-face Befriending service** is a free, home visiting service which aims to provide company for people over the age of 65 who are feeling lonely or isolated,

and have no family or other support nearby. A volunteer will visit you in your home on a weekly basis and sit and have a chat and a cup of tea with you.

*“We talk and discuss daily life. Nothing out of the ordinary, just a bit of socialisation. It’s the company...you feel good having someone to talk with.”*



**Our volunteers are fully trained, and we tailor the service to meet each person’s specific needs.**

## What else we offer

### Telephone Befriending



As well as home visits, we offer **Telephone Befriending**, where a volunteer will call you once or twice a week for a chat.

*“I have been very grateful for my telephone calls with my volunteer. She has become a good friend and I enjoy our calls and we have a laugh. I have found it very comforting to have someone on the end of a phone when I was very down and felt alone.”*

### Social Clubs



We run **four social clubs** where older people can enjoy refreshments, entertainment and the company of others.

We have:

- A pub-based lunch club in Olton (every Monday)
- A pub-based lunch club in Marston Green (every Tuesday)
- An ‘Afternoon Club’ in Shirley (every Wednesday)
- A pub-based lunch club in Knowle (every Thursday)

*“The Lunch Club is very important to me as before I was always stuck inside all of the time with no friends to contact and it was a struggle to meet up with them. Now I have met this wonderful group of people who have become my good friends. I look forward to meeting them every Tuesday and I have been given a chance to really enjoy myself every week.”*

## GoodGym Solihull



We’ve joined forces with **GoodGym Solihull** to support more older people in our community.

Like our regular Befrienders, GoodGym volunteers will visit you in your home to provide company. However they *run* to and from the visit, combining supporting older people with keeping fit.

The volunteers call the people they run to “coaches” as they motivate the volunteer to make a regular run.

GoodGym volunteers also undertake *Mission Runs* where they run to older people to help them with one-off tasks they are unable to do for themselves such as changing a lightbulb, some light gardening or moving furniture.