

# LGBTQ+ Befriending Out and About





Our aim here at Age UK Tunbridge Wells is to improve later life for everyone and to make it a fulfilling and enjoyable experience, by offering a range of services to older people in the community, including, among others, our LGBTQ+ Befriending service.

## **Out and About LGBTQ+ Befriending service**

Do you identify as lesbian, gay, bisexual or transgender? Are you over 50 and feeling isolated or alone? Would you like to have someone to meet with for regular chats; someone who can appreciate and understand your circumstances? We have volunteers with a diverse range of backgrounds and interests who are ready to befriend older people like themselves. Our volunteers can meet you in your own home or out in the community if preferred, perhaps a café.

All our volunteers are carefully selected and vetted, and our matching system will put you in touch with a volunteer who has a similar background and interests as you. Accessing the service is simple; call and ask to speak to our Befriending Service Co-ordinator. We will take a few details to help match you to a suitable volunteer and put you in touch. There is no cost for this service and any information you give us, or the volunteer will remain confidential.

### **Is it right for you?**

Would you like to have someone to talk to? Someone who will not judge you for being yourself? Someone who would delight in the tales of your past? Someone who would love to chat about how life is for you now? Someone who would listen and hear what you would like for your future?



For further details about LGBTQ+ Befriending, Befriending or any of the other services we provide, please contact us using the details below.

## **Our other services**

- Advocacy
- Cognitive Stimulation Therapy
- Computer Tuition
- Chiropody/Podiatry Clinics
- Day Care Services
- Dementia Day Care Services
- Form Filling
- Hairdressing
- Home Bathing
- Independent Living Support
- Information and Advice

Contact us to find out how we can help:

**01892 522591**

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