

By Your Side Support

Six months of support helping you reconnect, rebuild and move forward

Are you feeling isolated or lonely? Would you like someone to talk to and support you to build confidence getting out and about, and help you make new social connections?

By Your Side offers a structured six-month, face-to-face companionship program for older adults. You'll be matched with a trained volunteer who will visit regularly and support you in engaging with your community by attending groups, clubs, activities, and local places of interest. Helping you to build confidence, reduce loneliness, and foster new friendships and social connections.

- Weekly or fortnightly visits
- Escorted outings to attend groups, clubs, activities or places of interest
- Confidence building around joining clubs and groups and getting out and about
- Focus on what matters to you
- Help setting and achieving personal goals
- Structured support to greater independence - or longer term support if needed.



To find out more or make a referral:



01777 664 864 / befriending@ageukwd.org.uk





“I felt seen and supported. I didn’t think I could feel this much better in six months.”

Who is it for?

- Adults aged 50+ experiencing loneliness or social isolation
- Those who have a desire to get out and about more than they currently are
- Those ready to take steps towards feeling more connected
- People who want to build confidence or motivation in a supportive way

How it works:

- We meet to understand your goals
- You’re matched with a trained volunteer
- You meet regularly for 6 months
- You’ll be supported to achieve change — and we’ll help you decide what comes next

Our blended befriending approach also offers you the option of classic weekly Home Visit Befriending or weekly Telephone Befriending, ask us for further details.

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