

The difference we make

Jim's Story...

I'm 73 and I live alone. When my wife died, it was such a shock. I knew I had to keep going and keep trying, but I found myself worried about leaving the house.

I don't read so well, and I had a pile of letters I didn't understand. A lady from Age UK Wakefield District talked me through them and helped me set up direct debits so I wouldn't get into trouble with the gas board.

I'd never heard of a Befriender before. They explained it was a volunteer who would visit and give me some company. It sounded a bit odd — how would we know what to talk about? How would it feel having a stranger in my house? But I decided it was worth a try.

After a few months, I was matched with a befriender. At first, I felt uncomfortable. But then we just clicked — I wouldn't have believed it if you'd told me! We chat about anything and everything. We both like old films, which is great. We recommend films to each other and talk about them when we next meet.

My befriender has been visiting for over two years now, and I can't explain how much it's changed my life. I've gone from not knowing what to do with my time to having something to look forward to. It's not just the visit itself — it's changed my outlook and given me confidence.

I'm so grateful to Age UK Wakefield District for matching me with my befriender. I'll never be able to thank them enough.



Will you help someone like Jim feel less alone?

Right now, there are older people across the Wakefield District who are struggling with loneliness, bereavement, and day-to-day challenges.

Your donation today could:

- Provide a befriender for someone who feels isolated
- Offer practical help with bills, letters and essential paperwork
- Give an older person the confidence to reconnect with their community

Please support our work in the Wakefield District by making a donation today. Together, we can change lives.

