

## **Could you Be a Friend to an older person in your area?**

### Opportunity Description

There are over 10,000 older people living alone in Wandsworth; let's make sure that no-one has no-one.

Joining our amazing team of Befrienders is a fantastic way to give back to the community by providing company to an older person in your area.

An hour or so each week seeing a familiar face or catching up over the phone, can make a huge difference to an older person's mood and wellbeing, and help to boost their confidence to get out and socialise more. Plus, you could make a friend for life!

We are looking for local people to volunteer their time and provide companionship to an older person within the Wandsworth Borough.

If you are over 18 and can spare a couple of hours to Be a Friend, we would love to hear from you.

For more information or an application pack: -

Email: [volunteering@ageukwandsworth.org.uk](mailto:volunteering@ageukwandsworth.org.uk)

Visit: [Age UK Wandsworth | Volunteer with us](#)

Call: 020 8877 8940

### Benefits & Perks

2023 is our Diamond year! Celebrate 6 decades of Age UK Wandsworth and join our long running Be-a-Friend programme with:-

- Safeguarding training provided;
- DBS Clearance included;
- Travel expenses covered;
- Annual team event to meet other volunteers within the service.

### Skills Required

Patient

Good listener

### Main Category

Supporting individuals