



Volunteer Telephone Befriending Service

Benefits of befriending:

- Make a positive difference to people's' lives.
- Improve self esteem, confidence and wellbeing.
- Gain invaluable work experience.
- Receive high quality training and develop new skills.
- Use existing skills and knowledge to benefit the local community

**As little as
30 minutes
a week is
all it takes !**

Loneliness & isolation can have a range of negative effects on people's health & wellbeing.

Telephone Befriending improves people's feelings of confidence, wellbeing & social connectedness.

Contact us for information on how you can become a Volunteer Telephone Befriender & help change someone's life.



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