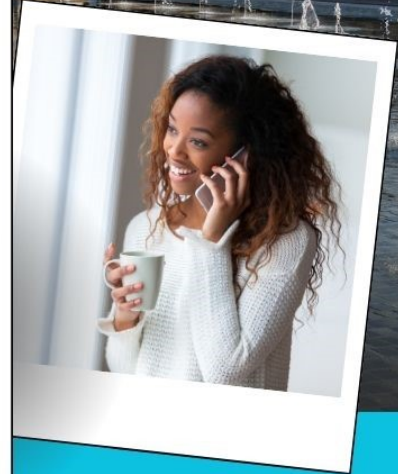
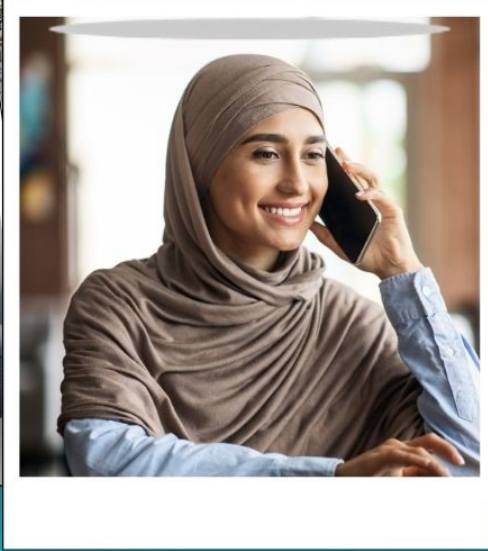


## Together Talks



# 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 someones life. Call us on **01274 952200** or Email

✉ **[befriending@thebridgeproject.org.uk](mailto:befriending@thebridgeproject.org.uk)**



City of  
**BRADFORD**  
METROPOLITAN DISTRICT COUNCIL



Bradford District and Craven  
Health and Care Partnership

