



VOLUNTEERS WANTED

WE ARE LOOKING FOR BEFRIENDERS & VOLUNTEER DRIVERS





Help tackle loneliness in later life within your local community and beyond by applying to become a volunteer befriender

One hour. That's all it takes to change someone's day.

The power of conversation is something many of us take for granted, especially if we engage with people every day through work, family life and more. But, what about those in later life who live alone and rarely see family or perhaps have no family at all?

A day without conversation can have lasting consequences to someone's mental and physical health, causing feelings of loneliness and isolation.

We offer telephone, in person and even online befriending. Let us know what you're interested, and we will be in touch!