

Volunteer Opportunities

The Adult Befriending Service aims to reduce loneliness and isolation among older people living in their own homes.

We are currently recruiting:

- One to One Befrienders
- Telephone Befrienders

“It’s changed my life. I have something to look forward to each week. I don’t feel like life is passing me by.”

Do you have a spare hour a week to visit or phone an older person?

- No previous experience required
- Expenses paid
- Full training given

“If it were not for the Befriending Service, I would not be living the pretty much independent and confident life I now lead.”

If you are interested in making a difference in a lonely and isolated person’s life please contact us on 07748905127 or 07552600658 to find out more.