

Improve someone's life by **being a friend**



A cup of tea and a friendly chat can make all the difference when you live on your own. Older people are especially vulnerable to loneliness and it can have a serious effect on their health.

Our **Volunteer Befriending Service** aims to alleviate social isolation and improve the health and well-being of older people.

The service is for people who:

- Have little or no family support
- Have mobility or other physical impairments
- Have recently undergone traumatic experiences like bereavement
- Need some form of emotional support or simply want someone to talk to

We have exciting opportunities for befrienders to be part of this volunteering project across the London Borough of Bexley. We will train you, match you with an older person and support you every step of the way.

By sharing a few hours a week of your time with an older person you can really make a difference to their life. You will also benefit from a truly rewarding experience and feel satisfied knowing you are giving back to your community.

If you are an L&Q resident and want to find out how you can become a volunteer befriender, or if you know of someone who might need a visit or would like to be visited yourself contact

Lynda Munns on **01322 336086** / **07903 043363** or email **l.munns@ccsel.org**