

Befriending Services



Are you feeling lonely, isolated or alone?

We can help you!

How can we help you?

Support from A volunteer befriender - Via Telephone, zoom, messaging , Email and in person meetings.

What is befriending?

Befriending offers supportive, reliable relationships through volunteer benders to people who are lonely/isolated.

How can befriending help?

To provide you with companionship, a friendly person to talk to and share some time with.

How it works?

Once the form (link and QR Code below) has been filled. we will contact you to further discuss your situation and see how best we can help you with our befriending services.

BENEFIT OF BEFRIENDING

Reduce isolation

Increase Confidence


Increase social interaction

reduce stress/anxiety



<https://forms.gle/FnEax7wMyAHSzWMfA>



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