

Befrienders Needed

Can you spare a couple of hours a week to visit someone who feels lonely or isolated?



Why become a volunteer Befriender?

- Gain new experiences whilst making a difference to someone's life
- Help to reduce loneliness and isolation in your community by visiting someone weekly, for a chat and cup of tea.

If you are interested in becoming a volunteer Befriender or would like to find out more about the scheme please speak to our Befriending team on 01268 638416 or email befriending@castlepointavs.org.uk

