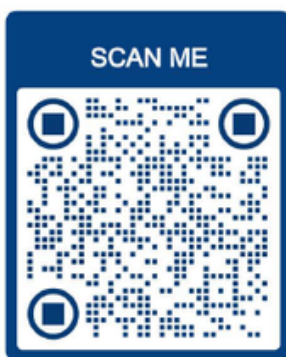




# Become a befriender



**Loneliness sucks!**

Do you have an hour a week for a cuppa & a natter?

Half of all older people say that the television is their main form of company... **and now we all know what isolation feels like.**

Can you visit an isolated older neighbour near you?



Supported by



Charity of the year

@ info@letsbefriend.org.uk

0752 698530





We're all neighbours,  
let's b:friend

# Fancy a chat?

If you spend a lot of time on your own but would like more company, our befrienders would love to visit and spend an hour a week having a natter and a cuppa. All of our lovely befrienders are DBS checked and trained.

**IT'S COMPLETELY FREE, IT'S REALLY FRIENDLY AND  
CREATES LASTING FRIENDSHIPS**



Supported by



Charity of the year

Give our local team a call:

☎ 0752 698530

☎ 0114 221 0270

