

## Looking to volunteer?



**We are seeking volunteers to join our Befriending Service to support lonely or isolated elderly people in the High Peak & North Derbyshire Dales areas.**

**The Befriending Service provides social support and companionship to older people living in the community who are vulnerable or lonely.**

This might be having a cup of tea and a chat or going out to do an activity together. With regular visits or telephone calls befrienders provide one-to-one support and encouragement, to help reduce isolation and loneliness.

Full training and support is provided.

**So do you enjoy talking to people?  
Do you have some spare time each week or each month?**

**If so, you could make a real difference to someone's enjoyment of life in their later years.**

**For more information, please contact us  
01433 620263 or [befriending@ageukdd.org.uk](mailto:befriending@ageukdd.org.uk)**