



THE NO.1 BEFRIENDING
AGENCY

PHONE PAL

Would you like someone to talk to?

WE WILL FIND YOU A RIGHT MATCH!

Our Volunteer will call you weekly to:

- have a chat
- be your compassionate friend and a listening ear
- help you to build a confidence and independence





Befriending makes a difference!

Everybody has a story to tell...

'My befriender always cheers me up and we have a good laugh', says Jeannette who has been referred to the befriending service after the pandemic. Living on her own with no one to talk to, she found hard to stay positive. Since then many things changed in Jeannette's life. 'He calls me every week. Sometimes he sings Elvis' songs for me and I tell him jokes. He is a good guy,' concludes Jeannette who is an uncompromising and passionate Elvis fan.



For more information, contact marketa@befriend.org.uk / info@befriend.org.uk or call 07504532984 / 0141 465 6998.

Visit us on befriend.org.uk,



or

