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**Themes:** Befriending and Loneliness, Health and Wellbeing, Mental Health, Physical Disabilities, Volunteering

**Aimed at:** Older Adults 65+

Our befriending

This is community support in its most authentic form.

Volunteer befrienders pledge to visit a socially isolated older neighbour near them for one hour per week for a cuppa and a chat. On the way back from work, the shops, dropping the kids at school – whenever is convenient for both parties, a befriender will spend an hour just chatting, listening and supporting someone that otherwise may have no one.

We pair individuals primarily based on locality and also make connections based on personal interests. Each befriender and older neighbour receive regular support to ensure they're benefitting from the project.

**Area:** Bassetlaw, Bolsover

### **Contact Details**

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