

# What is Befriending?

What would life be like without friends?

Befriending is giving regular one to one support and friendship to older people who are physically frail or socially isolated.

Today, one of the most distressing problems for many people in their senior years, or with a disability, is quite simply isolation and loneliness. Smaller and dispersed families and an ageing population have all combined to make lack of contact and conversation a real problem for many people with lively minds and compelling memories.

People need to talk, to share experiences and interests and above all to enjoy each other's ideas and sense of humour.

## Why get involved?

Do you have a few hours to spare?  
Do you want to make a difference to someone's life?  
Do you want to meet new people?

### People who befriend

**“Enrich the lives of others”**

**“Enrich their own experiences”**

Many people in the Blaby District need befriending. Volunteering just one hour a week of your time could make such a difference and will be incredibly valuable to someone in need.

You can provide someone with a window onto the outside world and enjoy their company as well.

# Find Out More

### If you are interested in:

- Becoming a Volunteer Befriender?
- Wish to refer someone to our service?
- Would like an informal chat about the service provided by Blaby District Befrienders?
- Would like to make a donation to the service?

Then please contact the Befriender Organiser at Voluntary Action Blaby District

On

**0116 272 7669**

Email: [community@vabd.org.uk](mailto:community@vabd.org.uk)

Or return the form overleaf

## Why not contact us?

If you would like to learn more about Volunteer Befriending or would like to refer someone for the service please return the form below to

Voluntary Action Blaby District

The Pavilion

Sportsfield Lane

Huncote

Leicester

LE9 3BN

Or telephone 0116 272 7669

Please can you send me some more information about making a referral

Please can you contact me about becoming a Volunteer Befriender

Please can you contact me about making a donation to the service

Name:

Address:

Post Code:

Telephone Number: (include STD code)

Email address:

**“Improving the lives of  
lonely and isolated  
people”**



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[www.voluntaryactionblabydistrict.org.uk](http://www.voluntaryactionblabydistrict.org.uk)



**Blaby District**

**Befrienders**



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