

# Befrienders Needed

**We all know what it's like to feel lonely, but did you know older/disabled people can regularly go an entire month without speaking to anyone?**

One of the ways we try to beat loneliness is through our casual befriending service.

We train volunteers so that they can visit someone who is isolated and either go out for walks, play games or call them on the phone.

**Can you spare at least two hours a month to visit or call someone who is isolated?**

Call Steve on: 0115 9785095  
or email: [Steve.boseley@disabilitydirect.com](mailto:Steve.boseley@disabilitydirect.com)  
for more info or to offer your support.

