



## TELEPHONE BEFRIENDERS NEEDED

Just 30 minutes of your time a week could make a massive difference to an older person's life. If you're empathetic and good at talking on the phone, you could be a Telephone Befriender volunteer.

What is a telephone befriender?

As people get older, some may find they spend more time on their own. This can sometimes feel lonely, boring or make people miss friends or family.

We offer a telephone befriending service for older people so they can enjoy chatting with someone over the phone, all from the comfort of your home.

As a volunteer, you would befriend someone who is 50 or over. It's a fun, safe, easy way to get to know someone new from the comfort of your own home. Lots of people tell us the chats are the highlight of their week.

If you'd like to make a difference to an older person's life, read through the rest of this page and see if it's the right opportunity for you.

What's great about becoming a telephone friend?

- It's a free, simple way to give something back through a weekly call to an older person.
- Your calls can make a huge difference to the happiness and wellbeing of an older person.

How does it work?

1. **You sign up** and start your volunteer application.
2. **We match you** with a suitable older person based on your interests.
3. **Age Concern Sandwich will then connect you** with your telephone friend to begin your weekly calls.

What's expected of me?

We're looking for people who have excellent listening skills and enjoy a good phone call. You'll need to be able to show your telephone friend respect, patience, empathy and understanding. This is what we'd also expect from you:

- Making time for a regular call.
- Agreeing to our volunteer terms and conditions
- Being kind and respectful to your telephone friend.
- Letting us know if you or your telephone friend need any support.

If you are interested please email

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