

# TELEPHONE BEFRIENDER SERVICE FOR ADULT CARERS

Our trained *Befrienders*  
are here for you

For more information please contact:

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*Befrienders* are non-judgmental, ready to listen and help. The service is an opportunity to have a regular 'check in' with your matched volunteer to talk about anything you wish.

*Befrienders* can help you achieve personal goals, source local activities and help navigate services. They can also support you to build confidence and skills or just give you the time to be heard.

**All *Befrienders* are 25+ and DBS checked.** Initially you would receive six sessions lasting between 40-60 minutes each and tailored around your needs. There's no pressure if it doesn't work out.