



BEFRIENDING
Together!

Befriending
Together are
urgently
seeking more
volunteers to
give local
people a
regular call or
visit.

By sparing as
little as 20
minutes you
can make a
real difference
to someone's
day.



Tick, Tock

*Can you spare 20 minutes to
speak to a lonely person
who might only hear the
ticking of a clock every day?*

Contact a member of
our friendly team to
find out more today:



01634 812 850



befriending@mva.org.uk