



PHONE BEFRIENDER

Could you spare an hour a week to cheer up someone's week?

A simple, friendly phone call can mean the world - bringing laughter, conversation and genuine human connection into their week.

As a **Phone Befriender**, you'll be thoughtfully matched with someone who shares similar interests, so conversations feel natural and enjoyable. Whether it's books, gardening, music, sport, memories of travel or everyday life, your call could quickly become the highlight of their week. Over time, you'll build a meaningful connection simply by being present, listening well and showing a real interest in their life.

You don't need special experience - just warmth, reliability and empathy. We'll provide guidance and ongoing support to help you feel confident in the role.

Loneliness can be overwhelming, but one consistent, caring voice can remind someone they are valued, heard and not alone.

If you have a little time and a big heart, we would love to hear from you.

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