

# *Befriending Services*



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**Social isolation and loneliness can be a serious issue for older people. It is estimated that there are about 2,500 older people in Barnsley who experience extreme or acute loneliness.**

One way in which Age UK Barnsley is addressing this issue is through its Visiting and Befriending Service.

### **Home Visiting Service**

The service works by assigning each older person a volunteer befriender who provides companionship and friendly conversation on a regular (weekly) basis on a long-term basis. We will carry out an initial assessment visit at the person's home and then allocate a carefully matched volunteer.

### **Telephone Befriending**

Sometimes we find that people just want someone to chat to over the telephone on a regular basis. A volunteer will call the older person on an agreed day each week to make sure all is well and have a chat.

### **Our Volunteers**

All the volunteers in the service are required to undertake training to ensure they are competent and safe. We also carry out checks to make sure they are suitable.

As can be seen from the comments below these services offer a vital link to the outside world and act as a gateway into other services and support.

**"My befriender is the only person I have a proper conversation with all week, he really listens to me"**

**" I really look forward to my weekly phone call"**

If you or someone you know would benefit from the service please see below for contact details.

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