

Befriending

Companionship for lonely and isolated older people who just need somebody to talk to

Cost: Free

Available in: Darlington, Harrogate, Hambleton, Ripon,

At a glance:

- Aims to reduce social isolation and provide companionship
- A completely free, funded service
- Befrienders can visit your home, or you can talk on the telephone if you prefer
- A driver service is also available for appointments and shopping

About the Befriending Service

We all know what it's like to feel lonely, but did you know that some older people regularly go an entire month without speaking to anyone?

Loneliness is a growing issue for older people. Over half of people aged 75 and over live alone, and 1 in 10 people aged 65 or over say they are always or often feel lonely.

That's just over a million people in the UK. To help tackle the problem of loneliness among older people, we developed our 'Rely on Me' befriending service. The service works by assigning each older person a befriender, who provides friendly conversation and companionship on a regular basis.

How do Befrienders Help?

Our trained volunteer befrienders support their befriendees in a variety of ways such as home visits, telephone befriending, bringing them to activities at Bradbury House, taking them to medical appointments, helping with shopping and much more.

Many older people struggle to carry out the tasks we take for granted such as going shopping or attending doctors appointments. Our Befriending service can offer older and vulnerable people a helping hand to carry out the everyday tasks they find challenging.

What types of Befrienders are there?


- **Home Visits** - Visiting lonely older people in their homes.
- **Telephone Befriending** - Making regular calls to lonely and vulnerable older people.
- **Extra Support** - Driving, trips to the supermarket or helping out with gardening.

- **Dementia Befriending** - We can offer training which enables you to support an older person who has early stage dementia.

Befriending Location & Contacts

echo "
"; echo "

\$page->title Contact Details:

"; /* \$small = \$team->team_image->size(250, 250); echo ""; */ echo "

{ \$team->team_name }
"; echo "\$team->team_role

"; echo "
";

This service operates from:

Bradbury House

Age UK Darlington,
Bradbury House,
Beaumont Street West,
Darlington
DL1 5SX

01325 362832

Monday to Friday: 8:30AM - 4PM
Saturdays: 10AM - 2PM
Sundays: 12PM - 2.30PM