

Good Friends

Good Friends is about creating a network of informal volunteers who share their time with people in need of extra support

Cost: Free

Available in: Hambleton, Darlington, Richmondshire, South Craven,

At a glance:

- Matches an individual with someone nearby, based on their interests and needs
- Makes initial introductions where needed to ensure both the recipient and volunteer is happy
- Keeps in touch for updates on how both parties are getting on and what else we might be able to help with
- Provides additional support where needed in other areas, such as helping with information and advice, signposting and referrals and help with finding activities in the area

About the Good Friends Service

Good Friends is about creating a network of informal volunteers who share their time to help local people in need.

Loneliness is an increasing problem in society today, particularly for older and vulnerable people.

Half a million people across the UK go at least 5 days without seeing anyone and 60% of people in North Yorkshire & Darlington are considered to be at a medium to high risk of loneliness.

We're encouraging local people to commit a small amount of time each week to help someone near them in need. It's all about building back a sense of community in an increasingly isolated world.

Good Friends is available in the following areas:

- **Craven** - Skipton, Settle and areas nearby
- **Darlington** - Including surrounding villages
- **Hambleton** - Northallerton, Thirsk and areas nearby
- **Richmondshire** - Richmond, Catterick and areas nearby

Good Friends is joint-funded by the following organisations:

- **North Yorkshire County Council**

- **Darlington Borough Council**
- **NHS Darlington Clinical Commissioning Group**
- **Ron Hogg, Durham Police, Crime & Victims Commissioner**

How Good Friends Helps

We match people in need of a little extra support to one of our Good Friends volunteers based on factors such as their needs and interests who can help with a range of issues they may be facing.

These can include:

- Popping round for a cup of tea and a chat
- Going along to an activity in the community
- Assisting with light household tasks
- Putting someone in touch with nearby services
- Help with walking the dog if they're unable to
- Keeping in touch to check someone is OK

There are many more ways we can help too...

How can I get involved?

We're on a mission to ensure everyone in North Yorkshire & Darlington gets the support that they need, and it all starts with you.

Good Friends offers a fantastic way to put back into your community and support someone nearby in need of help. The level of support you wish to commit is entirely your choice - as little as half an hour a week can make a big difference in the life of an older or vulnerable person.

Our connectors will work with you to match you, based on your interests and abilities, to people within your area. They also offer support and advice so you'll never feel like you're dealing with situations alone.

Here are some great reasons to get involved:

- Directly support people in need of support within your community, making an invaluable contribution.
- Meet new people and socialise with like-minded individuals
- Learn new skills, improve your CV with volunteering and take optional training
- Feel valued and be part of an award-winning team.


Join a team with award-winning experience in voluntary work and discover a new you.

[Become a Good Friend Today](#)

Good Friends Location & Contacts

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This service operates from:

Bradbury House

Age UK Darlington,
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Darlington
DL1 5SX

01325 362832

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