What is Befriending?

The ‘Rely on Me’ befriending scheme is an Age UK Darlington service which matches volunteers with older people in Darlington. Many older people could use a friend to talk to, need light assistance to maintain their independence or could benefit from the boost in confidence that a befriender provides.

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

What can a Befriender do?

**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.
How to get involved

It’s easy to get involved as a befriender.

To start making a difference to the life of an older and vulnerable person in Darlington, contact us on 01325 362832 or visit our website to apply for a volunteering role online.

Last year, over 100 befrienders supported over 200 befriendees

Get in touch:

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Our office opening hours are 8am–4pm Monday to Friday

This document is available in braille, large format or high contrast. Please get in touch if you require this service.

Darlington

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