

Work with older people



We seek out and offer a hand of friendship to older people in the community, who are isolated and vulnerable. We feel privileged to be welcomed into their homes for a chat and to help them feel part of the community.

For more able people we encourage them to befriend others who are lonely and on their own. Not only does this benefit both parties, it builds self-esteem and confidence in the befriender as they make a positive difference to someone else's life as well as their own.

