

St Monica Trust's Befriending Scheme has already helped to reduce isolation and loneliness amongst older people in South Bristol.

As we get older, despite our best efforts, many of us will end up spending more time on our own than we would like too.

The changes we face as we go through life, i.e. retirement, losing loved ones and ill health, may mean that we end up indoors for days on end, sometimes without anyone to talk to.

The Befriending Scheme matches older people with local volunteers, who visit them in their homes on a weekly basis. You can choose to spend your visits having a chat, sharing family photos or playing a game of chess, the choice is yours.



The Befriending Scheme is a FREE service that offers companionship and friendship for older people.

If you live in a scheme area and would like a volunteer/or to become a volunteer, contact:

Karen Bennett

Community Befriending Officer

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Tel: 0117 305 2365

Mobile: 07875 406 844

www.stmonicastrust.org.uk

Volunteer application and referral forms can be downloaded from:

www.linkagenetwork.org.uk

www.stmonicastrust.org.uk

PART OF THE
LinkAge
Network



St Monica Trust Befriending Scheme

Bedminster, Southville,
Ashton & Stockwood



St Monica Trust

GET INVOLVED

Do you live alone?
Are you 60+ years?
Do you lack social visitors?
Would you enjoy a weekly visit from a friendly volunteer?

Then the Befriending Scheme may be just what you were looking for!!

This is a **FREE** service that offers companionship and friendship. Anyone can refer themselves or someone they know to the scheme.



MY STORY

“I was lonely and in great pain. Kate my volunteer visits me once a week, even though one hour does not seem much it makes such a difference to my life. I have a reason to put my make-up on and dress up... it has changed my life!”

“I was initially nervous about being paired with a young woman thinking we would have little in common. After a few visits we established lots of common ground. Sami my volunteer is now like the outside world, coming in!”

“Beth and I are the best of friends, that’s how I feel about her.” It’s clear that Friday mornings are a highlight for both women and when asked to explain the impact being involved has had on her life, Beth says “It has enriched my life. Like Frances, I look forward to Fridays and I always come away upbeat and happy.”

VOLUNTEER

Can you spare an hour a week to make a difference to someone 60 years+ in your local community?

St Monica Trust are looking for volunteers 18 years or over to provide regular companionship to older people. The Befriending Scheme can be a fun way to explore interests and passions, and can also give volunteers a great sense of achievement.



We are looking for volunteers from a wide range of working professions and backgrounds. Each volunteer will be DBS checked and given the necessary training.