

WANTED: BEFRIENDING VOLUNTEERS

"You get so much out of it. It's a two-way street. They support me as much as I do them."



Have an hour free each week? Want to give back to the community?

Our Befrienders provide companionship to older people in Leeds who are socially isolated by visiting, calling, or doing activities together.

"It is truly wonderful to give the most precious of commodities - your time. Especially when many people are feeling even more isolated."

To find out more or apply, contact our team and say you are interested in volunteering as a befriender:

Email - volunteering@ageukleeds.org.uk

Phone - 0113 389 3000