**Martock Parish**

**Council**

**Good Neighbour Befriending Scheme**

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**Do you or someone you know feel isolated or lonely?**

**There are many reasons why someone may feel this way, it may be due to ill health, bereavement, disability or poor mobility. A caring responsibility, no family, a busy family or loved ones that live away. Feelings of isolation and loneliness are not age related and can affect people of all ages.**

**A volunteer befriender offers regular time and companionship and an opportunity for:**

* **A cup of tea and a chat.**
* **A friendly face to accompany you to a local group or activity.**
* **Someone to share a hobby with or to start a new one and much more….**

If you have a little time to spare and you wish to volunteer as a befriender, please contact Caroline on

**07946 121 612** or **caroline.bennett@martock-pc.gov.uk**