

# Make a difference. Become a Volunteer Befriender.

People with dementia and their carers can sometimes feel lonely and isolated. Our Befriending Service offers informal support and companionship to people with dementia and carers by putting them in touch with trained volunteers.

Befriending can be offered in the home, in a group or out and about, and the support and activities will vary depending on the persons interests maybe a round of golf, shopping, listening to music or simply having a cup of tea and a chat. We provide regular telephone befriending calls for the carer offering social contact and an understanding listening ear.

Following an introduction, volunteers regularly visit the person with dementia and give them the opportunity to do more of the things they enjoy or ring the carer for a social chat.

**As a volunteer befriender you will be making a real difference to the lives of people affected by dementia in the local community.**

**To find out more about becoming a Volunteer Befriender with the Alzheimer's Society in your area please contact us on:**

**Telephone: 01352 700717**

**Email: [northwaleslocality@alzheimers.org.uk](mailto:northwaleslocality@alzheimers.org.uk)**