



Welcome to Phone a Friend!

If you are a disabled person aged 18+ and feeling a bit down, this new project just might suit you!

We know there are lots of disabled people living alone without speaking to another person for days on end! If you call us we will talk to you then allocate you to a Volunteer Befriender who will ring you, each week, at regular times to suit you both.

You choose what you want to talk about but remember, we are not Counsellors, we just provide a friendly listening ear.

We are also interested in recruiting Volunteer Befrienders who can choose when they want to be available and who will work from home. If this appeals to you and you think you're suitably qualified, why not get in touch?

What to do next!

If you want to find out more email us on mandy.dpact@yahoo.co.uk with the following details:-

- Your name and telephone number;
- Your age range eg 18-31;
- A sentence or 2 about how your disability affects you;
- Hobbies and interests;
- Some of the issues you might like to talk about and how you think you might benefit from our project.

If you want to be a Volunteer Befriender you can tell us why you think you might be suitable.

We will contact you when we receive your email.