



# Combating Social Isolation in our Community

## WHO WE ARE

**Bollington Linking Lives** is a befriending service mainly aimed at those over 60 who would appreciate some extra friendship and support.

Many people find themselves alone after their partner passes away or are isolated due to illness or disability. This is where a regular weekly visit by a volunteer can help. We match volunteers with older people who would like to see a friendly face on a regular basis for around one hour a week for some social time.



*Over half of all older people consider the television as their main form of company.*

*500,000 older people spend Christmas Day alone!*

## WOULD YOU LIKE A VISIT OR KNOW SOMEONE WHO WOULD?

For more information please contact

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## INTERESTED IN VOLUNTEERING?

**DID YOU KNOW** that befriending positively changes lives? Visiting an older person for just one hour per week can make a significant difference.

You do not need any special skills as you receive full training, support and advice for your role.

If you would like to volunteer, please give us a call for more information or an application form.