

We are looking for enthusiastic volunteers!

“Hello, my name is Rachel.

I am the Telephone Befriending Project Worker for Derbyshire Carers Association, based in Ripley.

Our telephone befrienders support carers in Derbyshire.

Caring for someone can be a lonely experience, particularly for those without a network of support from family and friends to share responsibility.

Befrienders provide a regular phone call, once a week to a carer, and there are no qualifications needed, just the willingness to listen and be patient. The service relies on volunteers, and calls can be made from your own home.

There are many advantages to volunteering, as well as the benefits to carers”.

If you feel that you could make a difference, or know someone who would be interested in volunteering, provide a listening ear and a friendly voice to a carer - and would like to know more about becoming a befriender - please contact me:

RACHEL:

info@derbyshirecarers.co.uk
01773 833 833

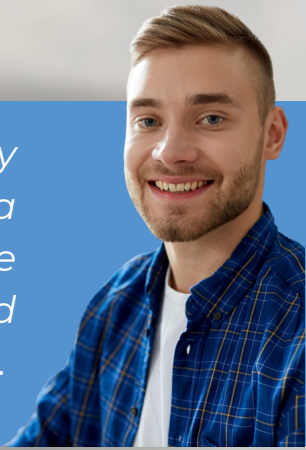
 facebook.com/derbyshirecarers

 twitter.com/derbyshirecarers

 derbyshirecarers.co.uk



"Thank you for my befriender - she is a breath of fresh air. We have a laugh and brightens up my day".



"Thank you for arranging my befriending call, she is a lovely lady, very down to earth and easy to talk to".



"I love talking to my Telephone Befriender, she really cheers me up, a lovely lady who's calls I look forward to. I'm really glad I have my Telephone Befriender".



"My Telephone Befriender is one in a million. We get on so well".



"I've never met my befriender but I really look forward to her calls. She picks me up when I'm having a down day".



Benefits to volunteer befriending:

- Find employment through volunteering experiences
- Learn new skills
- Gain experience and confidence
- Build a CV for employment
- Give back to the community

1st - 7th November

Befriending Week



derbyshirecarers.co.uk

Reg. Charity No: 1062777

