



Age UK Cheshire's Sharing Time Befriending project is a free service, available across the whole of Cheshire, supporting people 50+ who may not have the opportunity for social interaction.

The service aims to reduce feelings of loneliness and isolation by bringing people together to offer companionship, build confidence, improve wellbeing, and help people feel more connected.

Our team of trusted volunteers will support by building a meaningful befriending relationship for an agreed period – this may be short term or indefinite.

"My volunteer has helped me through the last couple of years. She has really picked me up when I was feeling a bit down or anxious, they have definitely helped with my mental health & encouraged me to get out, speak to people and try new things".

Please see further information for support available overleaf

To discuss the service or make a referral, contact our team on:

Telephone: **01606 305012**

Email: **Sharingtime@ageukcheshire.org.uk**

Sharing Time Reconnect Project

Regular pre-arranged face to face meetings at home or in the community will provide meaningful social contact, build confidence and support community engagement.

The aim of our Reconnect Project is to help people develop a social network and gain new sources of social support, setting clear goals to reconnect with their local community. The project further seeks to support in building on skills and developing resilience to help deal with issues in the future.

Our coordinators will support individuals to develop a co-produced forward thinking plan, to enable confidence to access the local community. The coordinator will then match with one of our trained and vetted volunteers who will offer ongoing support.

Our team of volunteer befrienders will offer time limited support and facilitate access to local groups and physical activities e.g. craft groups, coffee mornings, lunch clubs or meeting up for a coffee with other befriendees to form their own friendship group.

Sharing Time Stay Connected Project

Regular pre-arranged telephone calls to provide social contact and companionship. We know that some people are unable to access the local community for a variety of reasons.

The aim of our Stay Connected Project is to offer social connection to people who are unable to access social support in the community.

Our Coordinator will take the time to understanding the person's interests and social needs before matching them with one of our trained and vetted volunteer befrienders.

Our volunteer befriender will offer open ended support, building a meaningful befriending relationship over the telephone to relieve loneliness and isolation, build confidence and develop resilience to help deal with issues in the future.