

**Did you know that 75,000  
older people in Wales say that they  
often or always feel lonely?**


**Could you make a big difference?**



**If you have a few hours  
spare each week you  
could become a  
volunteer befriender  
with Connecting our  
Communities.**

As a befriender you will offer companionship to those feeling lonely or who need a little extra help to get out and about and back in to community life.

This could involve having a chat over a cup of tea, going shopping, attending a local group or even going for a walk.

 Neath Port Talbot CVS

 @NPTCVS

**Get in touch to find out more about  
becoming a volunteer befriender:**

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