



Befriending Service

Do you miss having a regular chat with someone?

We have a wonderful team of volunteer Befrienders, who can provide you with a regular, friendly telephone call or a visit at home. This service is suitable for older Rushmoor residents, who are socially isolated at home.

Have you lost your confidence to go out on your own?

We also have a Buddying Scheme, where a volunteer can accompany you on a number of planned trips into town /or to a social group to help you regain your confidence.

For more details on either of these services

07526 074376