

Would you like to be a Telephone Befriender?

Telephone support once a week may seem like a small thing, but it can make a big difference to older people's lives.

This is a very rewarding thing to do – knowing you've helped someone is incredibly satisfying and will make both you, and the older person you help, very happy!

You can volunteer from as little as 30 minutes per week. We offer training which is easy, fun and quick.

You can be assured of our super-friendly support, great team-work and paid expenses – and the chance to have a good natter with our lovely clients!



Signing up to receive a weekly friendship call is easy – give us a call and we will do the rest!

For more information, please call

01686 623707

email enquiries@acpowys.org.uk
or visit www.agecymru.org.uk/powys

Registered charity number: 1174222



Check in & Chat Telephone Befriending



**Friendship calls for
people aged 50+ in Powys**

Check in & Chat Telephone Befriending – Friendship calls for over-50s in Powys

Who are we?

Age Cymru Powys is your local, independent older people's charity. We provide a free, confidential and impartial service for older people, their families and carers. We're here to help you make the most of later life.

The service embraces our values to help build a society where older people are respected, valued and able to live the life they choose.



How can we help?

Check in & Chat Telephone Befriending offers free friendship calls for people aged 50+ in Powys.

As we get older, we may find we spend more time on our own. This can sometimes feel lonely, boring or make us miss friends or family.

If you, or someone you know, is missing the joy of regular conversation, then we are to help – just give us a call.



What does Check in & Chat offer?

A friendly chat when you want it

Many older people have made lasting friendships, or simply enjoyed a chat when they wanted one, through our free telephone friendship service.

Feel at home

Check in & Chat will enable you to enjoy chatting over the phone, usually once a week for thirty minutes to an hour, at a time convenient for you, all from the comfort of your own home.

Support when you need it

We will help you stay connected and supported for as long as you would like.

Shared interests

You'll be matched with one of our friendly volunteers with similar interests to you – so you can be certain of good conversation.

All of our volunteers have undergone security checks, so you can feel safe and enjoy chatting. Many people tell us the calls are the highlight of their week.