

**Please
VOLUNTEER
and help to
make
loneliness
a thing of the
past.**



Pam would often spend day after day at home, alone, not seeing or speaking to anyone. She was very lonely & became withdrawn.

When we were able to match her with a Befriending Volunteer her life changed.

Now she gets out and about, sees people, is much happier and feels that life is worth living again.



There are many older people in your community who don't see anyone and who feel lonely and isolated. They are waiting for a Volunteer. A volunteer like you.

For more information please call us at Age UK Somerset on

01823 345627

email: volunteers@ageuksomerset.org.uk

visit our website: www.ageuksomerset.org.uk

**Please can
you help?**