

## People said.....

"I can feel so lonely even in the most crowded of places"

(Mum of fallen soldier)

No-one understands a soldier like a soldier understands a soldier "

(Veteran)

"I have a toy snow leopard at the end of my bed. I talk to him all day. I don't have anyone else to talk to"

(Older Person)



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@FfrindIMI



## In Partnership with:



## Volunteer Information



# BEFRIENDING SERVICE

## About Ffrind i mi

**Everyone**, at some time in their life, has felt alone, vulnerable or wished that they had more company.

Isolation or feeling lonely can affect **anyone** at **any age** and at **any time**. For example, after the loss of a loved one, on leaving active service, retiring, or moving away.

People cope with life events in different ways. Some people find going out and spending time in the company of friends really helps. For others, having someone visit them at home makes such a big difference. But sometimes, people may not like to ask or **do not know who to ask** for support or advice.

**Ffrind i mi** (or Friend of mine) is a new initiative that Aneurin Bevan University Health Board and its partners are working on to try and make sure that **anyone who feels lonely** or isolated are supported to reconnect with their communities.

## Why Volunteer?



To give something back to your local Community



Meet new people and make more friends



Make a difference to the lives of others



Flexible volunteering



Build your own self confidence



Give you an opportunity to gain new skills



To keep yourself active



Rewarding to you and others



Training provided



Regular Volunteer Group Support Meetings.

## How do I become a Volunteer?

We are looking for people who would be willing to **spare 1 hour a week** to support a lonely or isolated person. The types of support people have told us they would like is just someone to chat to, someone to accompany them when they want to go out, someone to walk their dog for them, someone to help with gardening or just for someone to ring them every now and again so that they have contact with the outside world.

## Could you help?

Would you like to be part of our **#CountMeIn** campaign and volunteer for just an hour a week or more? If the answer is yes, please visit our website at **[www.ffrindimi.co.uk](http://www.ffrindimi.co.uk)** to download a volunteer form or contact us by phone on **01495 768645** or via email on:

**[Ffrindimi.abb@wales.nhs.uk](mailto:Ffrindimi.abb@wales.nhs.uk)**