



## A Volunteering Opportunity

Would you like to **volunteer** to support someone who is **lonely** or socially isolated?

**Ffrind i mi/Friend of Mine** is a partnership approach to combatting loneliness and social isolation across our communities. **Loneliness** can affect anyone, at any time and at any age.

Ffrind i mi/Friend of Mine provide a robust volunteer recruitment process, all our volunteers will have:

- DBS check at **no cost** to the volunteer
- Occupational Health Check
- Reference check
- **Free** training
- Volunteer Peer **Support**

If your organisation is willing to support staff volunteering we will happily visit you in the work place to:

- Talk about Ffrind i mi/Friend of Mine
- Provide training
- Support with the application and DBS process

For more information please contact the **Ffrind i mi/Friend of Mine** team:



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