

The Generation Project Befriending Service

Aged 55 plus and feeling lonely and isolated?

Then maybe we can help. We are an advocacy & information project for older people, based in East Manchester and offering a befriending service.

What is befriending?
We will match you up with one
of our volunteers who will:

- Visit you each week
- Listen and chat with you
- Give emotional support
- Build your confidence and self-esteem
- Help you to get out and about
- Help you to use other services

Our volunteers are fully screened, trained and carefully recruited. The service is free and any information you give us is completely confidential. (Please note: we can't help with practical matters such as cooking and cleaning or personal care.)



Older People's Advocacy & Information

Find out more about our service by giving us a call on **0161 230 6789**
or email us at generation@careandrepair-manchester.org.uk

