



Do you want to make a difference to an older person's life?
Have you got a few hours to spare each week?

Volunteer

The

Generation
Project

Older People's Advocacy & Information

If you, or someone you know, is interested in finding out more
give us a call on **0161 230 6789** or email us at
GP@manchestercareandrepair-manchester.org.uk

Manchester
care&repair

GP
Project

BS
Logo

Volunteer



What is befriending?

- Giving a few hours a week to visit someone who needs support
- Listening and chatting
- Giving emotional support
- Encouraging people to get out and about



It isn't...

- Running errands for someone
- Helping someone get dressed or ready for bed
- Cleaning someone's house
- Providing a taxi service



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