

# BEFRIENDERS WANTED

**WOULD YOU LIKE TO HELP OTHER PEOPLE  
IN YOUR COMMUNITY?**



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Would you like to learn some new skills, gain valuable volunteering experience which could enhance your CV and benefit your community?

We are looking to build a team of volunteers that befriend residents in order to offer support, build trust, resilience and reduce isolation.

If you feel that you would like some training in Interpersonal Skills, which involves exploring how best to communicate and interact with others whilst supporting them. Followed by volunteering for about one hour a week for a period of six months, we would like to hear from you.

Training will be provided free of charge over 3 days.

  
**charlton**  
TRIANGLE HOMES

**new leaf**   
centre