

Are you over
50 and living
in Cheshire
East?



Buddy & Befriending Scheme

Are you feeling lonely or isolated during the
current Coronavirus situation?

We can help you!

Get in touch...

07919 327131

befriending@changing-lives-together.org.uk

Charity Number: 1139983. Company Limited by Guarantee: 07400060.

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 **COMMUNITY
FUND**



You're not alone we're here to help

This Scheme aims to reduce loneliness and isolation amongst the over 50s across Cheshire East.

How can we help you?

- A volunteer Buddy or Befriender – via Telephone (or other technology).
To provide companionship, a friendly person to talk to and share some time with.
- Help with collection of shopping and essential items.
- Help with prescription collection and other items.



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