

**Help combat loneliness and improve the lives of older adults in your community by becoming a befriending volunteer with Rushcliffe Befriends."**

**Make a Difference in Your Community with Rushcliffe Befriends: Become a Volunteer Today**

*Imagine being 82 years old, living alone with no one to talk to and only the television for company —this was Barbara's life before Rushcliffe Befriends. Isolated by mobility and hearing difficulties, Barbara's days were long and silent until she was referred to Rushcliffe Befriends, a service run by Rushcliffe Community and Voluntary Service (RCVS).*

*Sue, a Volunteer Befriender, was matched with Barbara, and their shared interests sparked a strong connection. What started as volunteer visits turned into genuine friendship, brightening both their lives. Barbara now attends group activities and no longer feels cut off from the world.*

*Sue also finds volunteering incredibly rewarding, saying, "I wanted to make a small difference in someone's life, but I never expected how much I would gain in return."*

*Rushcliffe Befriends offers face-to-face visits, telephone support, and group activities—all designed to combat loneliness and improve well-being for older adults. But we need more volunteers like Sue to continue this vital work. Volunteering with Rushcliffe Befriends as a befriender or volunteer driver isn't just about giving—it's about receiving the joy that comes from making a real difference in someone's life.*

*A couple of hours a week is all it takes to make a big difference. Out-of-pocket expenses are covered, and the impact is priceless. If you care about the well-being of older people in your community, consider becoming a Volunteer Befriender.*

*If you would like to find out more about how you could support someone like Barbara please get in touch: Telephone 0115 9699 060 or email [volunteer@rushcliffecvs.org.uk](mailto:volunteer@rushcliffecvs.org.uk). Together, we can ensure no one in our community feels alone. Join us today—because everyone deserves a friend.*

*Rushcliffe Befriends is grateful to have received funding from Rushcliffe Community Wellbeing Fund through the UK Government's Shared Prosperity Fund, allowing us to continue this life-changing work.*

