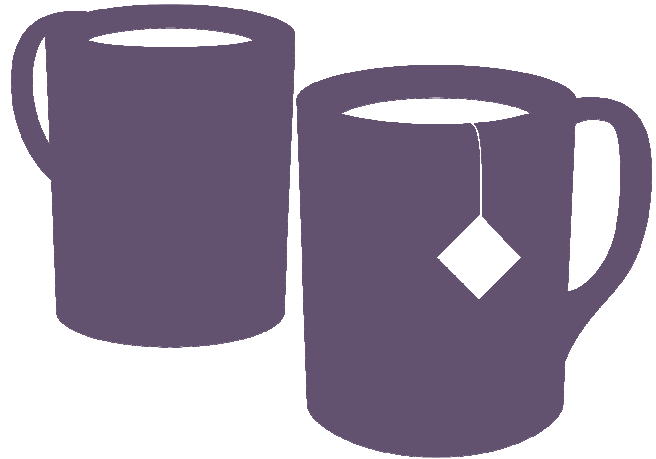




# Telephone Befriending Service

*"My friendly  
volunteer on the  
phone really cheers  
me up"*



Our telephone befriending service is ideal for people who live alone with little contact from friends and families. The call lifts spirits and gives them something to look forward to each week

The service helps those who have feelings of loneliness and isolation and the cheery chat from a friendly volunteer breaks up the day and makes new relationships

For more information or if you would like to make a referral then contact  
Citizens Advice Rutland on 01572 723494 or  
email: [office@citizensadvicerrutland.org.uk](mailto:office@citizensadvicerrutland.org.uk)