



Not having someone to talk to regularly can be lonely and isolating, particularly if you're used to sharing your home and time with others. A friendly chat on the phone can make all the difference.

A '**Befriending Service**' is part of a wider responsibility carried out by the '**Over 75s Team**' run by the local GP Surgeries. Working out of Norden House Surgery in Winslow and funded by the NHS, this service actually covers an area over North Buckinghamshire for several GP Surgeries. To expand the scheme we are now seeking volunteers who can assist us to reach even more people.

What do we need?

Anyone, who is happy to chat with someone on the phone on a regular basis, probably once a week and make contact with someone who will welcome your call. Your location is not important as the calls can be to any part of the region covered but we will try to match you up with local people and with people with similar interests.

If you are interested and would like more information then please contact me, the '**Befriending Coordinator**' - Keith Hofgartner on 01296 713434 (Option 6), or email me on keith.hofgartner@nhs.net