



Do you have what it takes to be a

# Volunteer?

## Older People's Befriending Project

Can you spare just two hours of your time, once a week, to make a difference to someone's life? Can you help someone re-establish links with their community and rediscover their "get up and go" before it's got up and gone? Are you open, friendly, chatty, reliable and patient? If the answer to these questions is "YES", we think you are the ideal person to become a volunteer befriender to an isolated and lonely older person. Just think....

The person to make all the difference could be **YOU**

FOR MORE INFORMATION ON THE PROJECT, OR TO BECOME A VALUED VOLUNTEER, PLEASE CONTACT:

JULIE LAW

TEL: 01324 671611 E-MAIL: [julie.law@fdamh.org.uk](mailto:julie.law@fdamh.org.uk)

Falkirk and District Association for Mental Health (FDAMH), 173 Victoria Road, Falkirk, FK2 7AU Tel: 01324 671600 email: [admin@fdamh.org.uk](mailto:admin@fdamh.org.uk)

FDAMH is a charity, number SC011889, and a company limited by guarantee, number 151357.

[www.fdamh.org.uk](http://www.fdamh.org.uk)

