

Would you or someone you know appreciate....

- Someone to pop in for a chat
- Someone to listen
- Someone to shop for you
- Someone to accompany you to appointments
- Someone who can advise on where to get help when needed
- Someone to arrange transport to get out and about



**Murchfield Community Centre,
Sunnycroft Lane
Dinas Powys, CF64 4QQ**

Could you be a Befriending Volunteer?

All of our services are provided *free of charge*.

Dinas Powys Voluntary Concern relies on a team of dedicated volunteers to run its befriending service.

If you would like to find out more please get in touch.

Dinas Powys Voluntary Concern can help

029 20513700/07484 601425

Email:

befriendingdpvc@gmail.com

www.dpvc.org.uk

Dinas Powys Voluntary Concern



**Wellbeing
and
Befriending Service**



'Local help for local people'

Do you live in the Dinas Powys or Llandough area?

- Are you over 50
- Do you miss regular contact with friends and family
- Have you recently been bereaved
- Do you feel isolated and alone
- Do you need help to get back out and do the things you used to do

We can help...



Share new interests, make new friends



Our aim is to...

Help everyone stay connected with their community

- Bring people together
- Provide support
- Reduce social isolation
- Signpost services and other organisations that can help

Our Volunteers

Our befriending volunteers can provide informal, practical support and information .

All of our volunteers are trained and DBS checked.



Please contact us for an informal chat to see what help and support we can offer

Tel: 029 20513700/07484 601425