

## Have you an hour a week to spare?

Would you share some of your free time with an older person who may be lonely?

We are looking for volunteers to visit older people for one hour each week. We need both men and women and our volunteer Befrienders are trained and Garda vetted to provide a confidential visit in the surroundings of a person's own home.

Befrienders are not carers or home help so can focus on making a personal connection and a friendship with people who often have no one to talk to.

Can you spare one hour a week?