

VOLUNTEERS WANTED



HOME ALONE and NOT JUST FOR CHRISTMAS VOLUNTEER BEFRIENDER'S

CAN YOU SPARE 1 HOUR A WEEK TO HELP AN OLDER PERSON
LIVING ALONE 365 DAYS A YEAR?
Community&Voluntary Services



Funded by:ABC Policing&Community Safety Partnership - Southern Health & Social Care Trust - Halifax Foundation Northern Ireland Community&Voluntary Services

Loneliness is associated with

Increased risk of coronary heart disease and stroke

Increased risk of high blood pressure

Higher risk of the onset of disability

Research shows lacking social connections is as damaging to our health as smoking 15 cigarettes a day

campaigntoendloneliness.org

Please Note:This role is subject to an **Enhanced Access NI** check

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