



The aim of this Scheme is to help members of the community who have not left their home for some time and have lost confidence to go out.

Volunteer buddies are recruited to support them in various ways on a short term basis until they feel confident enough to go out independently.

This could be to just go for a coffee, attend a group meeting, trip to the shop or medical appointment etc.

If you know of anyone who may need this service or would like a Buddy yourself please contact us.

Hopefully it will help alleviate loneliness and assist individuals in gaining confidence, learning new skills, meeting new friends and socialising.

Covid secure guidelines will be followed

For more information please contact:

Linda Brown

Erewash Voluntary Action, Granville Avenue,
Long Eaton, NG10 4HD

Tel: 0115 9466740

Email: volunteers@erewashcv.s.org.uk

