

*Just a few hours of your time could mean the world to someone else*



# Rutland Befriending Service

**connects people**

**improves wellbeing**

**creates a sense of belonging**

Anyone can become isolated or lonely. Good mental and physical health depends on social contact, which is why we need to make sure our local older residents have someone friendly they can talk to and spend a little time with.

**If that person could be you, we would love to tell you more about how you can get involved. Just pop into our Uppingham shop to find out details or contact:**

Victoria Ugrinic on: 01572 824048 or 0754013805

***With our ongoing support befriending is enjoyable and highly rewarding***

**We are a local charity  
with a national name  
...giving local older  
people a voice**

Age UK Leicester Shire & Rutland Limited  
Registered Charity No: 1146649  
Limited Company No: 7844309