

## Befriending Service Helping Hands

We are delighted to be offering a befriending service within the Inverness & Ross-shire area. If you know of someone requiring extra support and friendship or carer respite, please get in touch.

If you are interested in becoming a volunteer with this service or know of someone who may benefit from befriending please contact •

[helpinghands@highlandhospice.org.uk](mailto:helpinghands@highlandhospice.org.uk)

Contact us at:

[helpinghands@highlandhospice.org.uk](mailto:helpinghands@highlandhospice.org.uk)

01463243132





## The Service

**Our volunteer befrienders offer social and practical support to individuals feeling lonely or isolated with any life limiting illness, regardless of diagnosis.**

**Visits are arranged between you and your befriender but usually weekly/fortnightly.**

Are you struggling with deteriorating health and family live at a distance? Our volunteers could visit for a chat.

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Do you care for someone at home and get no time to visit the shops/go for a walk? Our befrienders can provide carer respite.

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Our volunteers are everyday people wishing to provide support, they are PVG scheme approved and trained in the role. Your confidentiality will be respected.



Helping  
Hands 



## As a Volunteer

You could make a marked difference to someone's life.

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Providing a listening ear over a cup of tea can make someone's day.

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We would try to match you with a client who has similar interests, so sharing a hobby e.g. gardening can be fun.

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If able you could take your client for a short car trip or visit the shops/have a cuppa together.

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You could provide a lifeline to an unpaid carer by giving them a small break.

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Full training and support is provided.

**Volunteers will not be involved with personal care, medical care, counselling, domestic tasks or financial matters.**



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