



food & friendship



INTERESTED IN VOLUNTEERING?

Enjoy being active in your local community?
Have you got a couple of hours free every week?

Social isolation and poor nutrition are issues that affect significant numbers of older people. This is an opportunity to provide regular social contact to older people by way of a befriending visit alongside their Meals on Wheels delivery. Befriending visits will take place between 11.30am and 4.00pm on a weekly, fortnightly or monthly basis. They will be a chance for you to provide regular social contact; ideas on simple healthy snacks and meals; and information on what's going on in your local community. Training and full support will be provided.

**To find out more about becoming a Food & Friendship volunteer
and to support older people to remain independent:**

Call: 01962 892455

Email:

food&friendship@ageconcernhampshire.org.uk