



‘Moving On’ Befriending & Mentoring Project 2020

Home-Based Volunteer Roles Available

Our team of Telephone Befrienders provide telephone support to alleviate the stress of loneliness and social isolation

Do you have time to spare from home to be able to provide comfort and friendship to one or more beneficiaries a week?

**Call Michelle on 07966 632 709 or email
volunteering@mhmwales.org for more information**



Full details available on our website
www.mhmwales.org.uk/join-us/volunteering

