

## Linkways Befriending

The aim of the Service is to enhance the quality of life for older, and physically disabled people over 21, by offering companionship and support .



*Age Concern Berkshire recognises that individuals face discrimination on the basis of age, disability, ethnic origin, gender, poverty, religion, racial identity or sexual orientation. Our aim is to make our services fully inclusive and we acknowledge the needs of all older people, irrespective of personal, social or other considerations.*

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**Registered Charity No: 226958**



**LINKWAYS  
BEFRIENDING  
SERVICE**



## What is Linkways Befriending?

The Service aims to improve the quality of life for older and physically disabled people, by providing friendship and support, usually by a volunteer visiting a person in their own home on a regular basis. Regular support on the telephone can also be offered.

## Who is it for?

Linkways Befriending serves people in Reading\*, and is for:

- Anyone who lives alone, has little social contact, and who finds it difficult to get out of their home.
- Any physically disabled person over the age of 21, who lives alone, where companionship and support would improve the quality of their life.

\* A similar scheme, called Westlink, also provided by Age Concern Berkshire, serves people in the West Berkshire area.



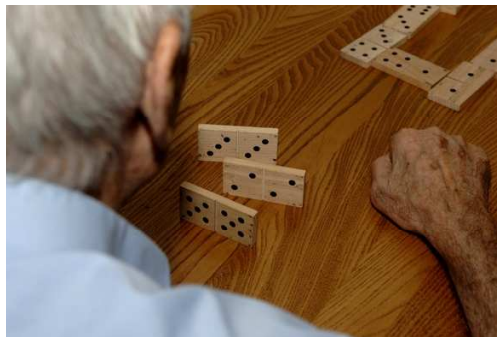
## How does it work?

People referred to the scheme are met by the Linkways co-ordinator, and are usually offered regular visits by a suitable volunteer. A meeting to introduce the person to a volunteer is organised by the co-ordinator as soon as a suitable volunteer is available. If the person and the volunteer are agreeable, regular visits, between once a week and once a month, are arranged.

The co-ordinator will keep in touch to check that everything is going well, and if necessary, to ensure that a more suitable arrangement can be made, or an alternative volunteer found.

## Visits

The aim of visits is to provide friendship, and to do things together. Visits can provide a chance to talk, and to be listened to. Or perhaps the chance to be read to, or to play cards. Visits out together can also be considered.



## Our Volunteers

All our volunteers are carefully selected, references taken up, and police checks obtained before they start visiting clients regularly.

## VOLUNTEERS

This Service depends upon the support of Volunteers –

**Would you like to make a difference to the life of an older or disabled person?**

**Are you Kind, Caring and Friendly ?**

**Can you spare 2 - 4 hours each month?**

If so, Age Concern Berkshire would love to hear from you. For further details, please contact:

**Helen Finch 0118 9594242**