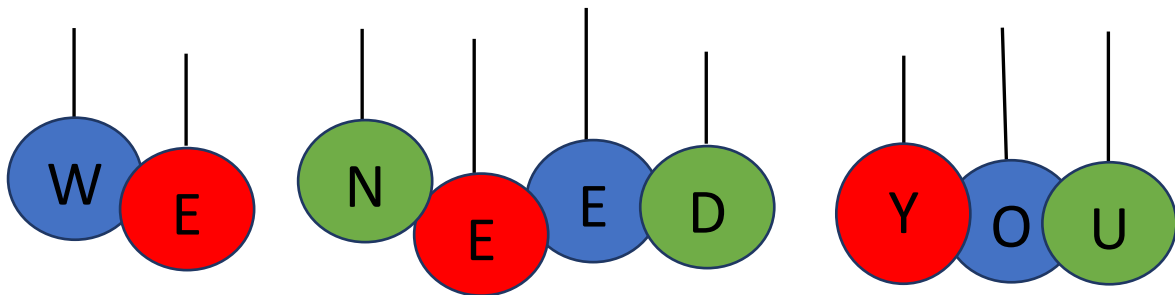




Just ONE HOUR

**Are you looking for a New Year's
resolution that benefits you
and someone else?**



**Could you give ONE HOUR of your
time, once a week to befriend
someone who is feeling lonely or
isolated?**

A weekly call or visit from a befriending volunteer can really brighten
someone's day

That volunteer could be YOU 😊

For more details contact: befriending@ageconcerncolchester.org.uk
All volunteers are required to undertake a DBS check and provide references
Registered Charity Number 1142414 Registered Company Number 7517777