



## Blether Buddies

### Telephone Befriending and Home Visiting Service

**Blether Buddies are ScotsCare volunteers who give their free time to support others in their local community.**

Depending on your own individual needs and interests, our Buddies can visit you at home, escort you on outings or speak to you over the phone once a week. Meetings normally last between 1–3 hours and take place once a week or fortnight at a time that suits both of you.

If you would like more information, or to request one of our friendly volunteers, get in touch with our Volunteer Coordinator Louise Davies on **0800 652 2989**, by email **[volunteering@scotscare.com](mailto:volunteering@scotscare.com)** or in writing, using the postal address overleaf.

The service is available to adults who feel alone or are going through a difficult time, and is subject to the availability of our volunteers.

ScotsCare is a charity for Scots in London. If you are not sure whether you qualify for our services, go to our website or call us.

I'm limited in my ability to socialise and Sheena is very important to me. We've got a lot in common; we speak the same language really!

- Grace



It's a joy to be Grace's buddy. She has seen so much and still has a razor-sharp mind. I help with little tasks like solving basic computer issues, but mostly we talk about anything and everything.

- Sheena

I feel as if I've made a good friend in Russell, we are suited to each other and both look forward to the visits. In fact the whole experience has been extremely positive.

- Jon



We usually see each other every couple of weeks and if the weather is good, we might go out to the shops or to a local café. I really look forward to hearing from Jon and listening to his latest news.

- Russell

0800 652 2989

[www.scotscare.com](http://www.scotscare.com)

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**ScotsCare** 

The charity for Scots in London

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