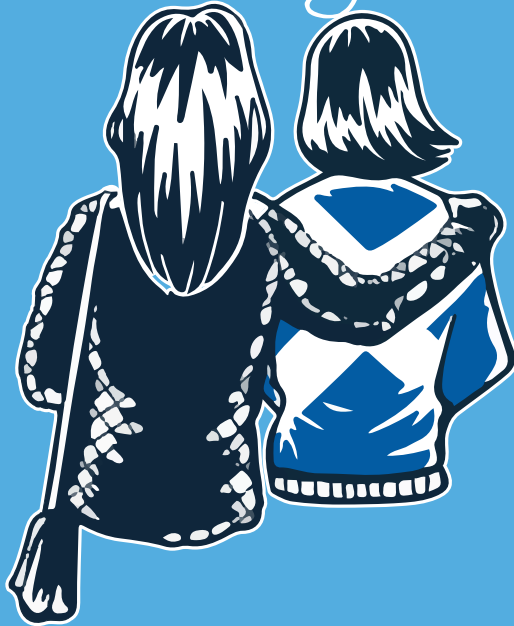


# BLETHER BUDDIES

*Befriending Service*



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**Blether Buddy Befriending Service  
is here to help.**

*London can be a lonely place -  
but it doesn't have to be*

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**ScotsCare** 

The charity for Scots in London

## Who are Blether Buddies?

- Volunteers who give their free time meet with you once a week
- They are carefully selected, trained, and DBS checked to ensure the relationship is a safe and enjoyable experience for everyone involved; you, your buddy and ScotsCare

## What do they do?

- Provide companionship
- Offer friendly conversation
- Lend a listening ear
- Visit you at home, meet you in the community or speak to you over the phone once a week

## What about timing?

- Flexible, at a time to suit you and your buddy on any day of the week

## Who is eligible for a Blether Buddy?

Adults of all ages meeting our eligibility criteria who:

- Feel isolated, lonely and/or would like someone to go out with once a week
- Can commit to a weekly meeting or phone call
- Are able to form a rewarding relationship with a volunteer

The training we can provide to volunteers is limited so we are unable to work with clients who:

- Have an unmanaged mental health condition, alcohol, or drug dependency
- Require assistance with manual or wheelchair handling

## How do I apply?

- Call our Helpline on 0800 652 2989 or email [volunteering@scotscare.com](mailto:volunteering@scotscare.com)
- If you want to refer someone else to our service, please seek their permission and speak to the Volunteer Coordinator

# VOLUNTEERING *with us*

## Interested in becoming a Blether Buddy?

If you'd like to be a Blether Buddy, have at least half an hour to spare each week for calls or 1-3 hours for in person buddy meetings, plus time to attend training and meetings, please get in touch with our Volunteer Coordinator for more information. We'll reimburse your expenses and support you along the way.

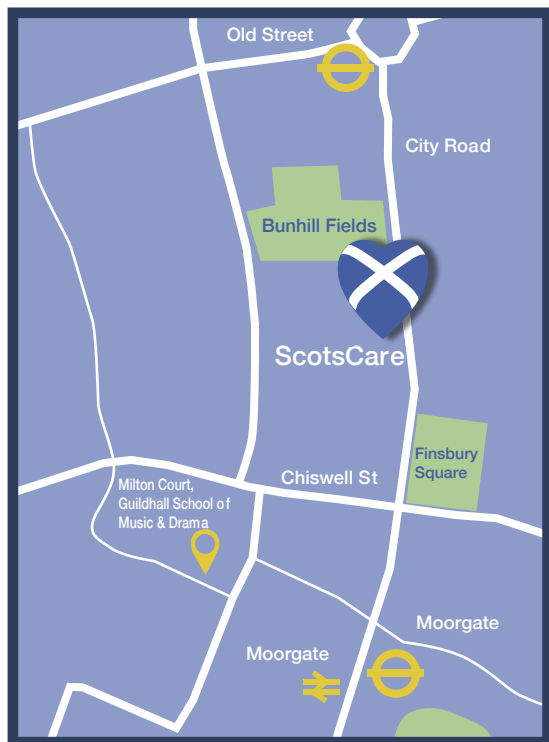
## Come and join our community!



*"It's good to be able to remind myself that there is someone out there who gives up their time to see me for a chat"*

# ScotsCare

is here to help you



**Address:**

22 City Road, London, EC1Y 2AJ

**Email:**

[info@scotscare.com](mailto:info@scotscare.com)

**Website:**

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

**Telephone:**

0207 240 3718

**UK Helpline:**

0800 652 2989

*"There was a period where I was finding it hard to cope with health matters, my Buddy made it so much easier. Thank you, thank you very much."*



@ScotsCare



@ScotsCare



@scotscarelnd



ScotsCare

**ScotsCare** 

The charity for Scots in London

Registered Charity No. 207326