

Compass Carer's Talk and Support Telephone Befriending Service

As an unpaid carer, do you sometimes feel

- isolated?
- lonely?
- in need of a sympathetic ear?

Would you like a regular phone call from a volunteer?

Our volunteer- run, 'Talk and Support' Telephone Befriending Service aims to meet some of these needs. It offers carers regular phone calls, which can provide carers with contact, emotional support, friendship and companionship. The calls are always made to carers by volunteers and not the other way around.

The Scheme helps unpaid Carers in the following ways:

- Offers support and friendship to a carer via regular telephone contact over an agreed period of time.
- Provides friendly confidential support to a carer, listening, and talking about topics and issues of mutual interest.
- Reduces isolation and provides regular communication.
- Builds and improves relationships.
- Develops confidence and builds trust.

The Scheme is available to any unpaid carer, who would benefit from the support a regular telephone call can offer.

Referrals can be received from any unpaid carer, whether already registered with the Service or not, or a referral can be made through a member of the Compass Carers paid staff.

Please contact the office on 01823 255911 for more information, or e-mail:

info@compassdisability.org.uk