



IF YOU'D LIKE TO
VOLUNTEER
VOLUNTEER WITH
COVEY

Help others to get more out of life by
becoming a volunteer befriender

HIGHLY
REWARDING

MAKE A
DIFFERENCE

GAIN
NEW SKILLS

2-3 HOURS
A WEEK

TRAINING &
EXPENSES

A Befriender is someone who, for a few hours every week, shares activities and offers support. Befrienders offer a listening ear and help boost confidence by encouraging development of new skills through new experiences



COVEY
BEFRIENDING

HAMILTON: 01698 894013

LANARK: 01555 673447

www.coveybefriending.org.uk