



Living Well North Tyneside

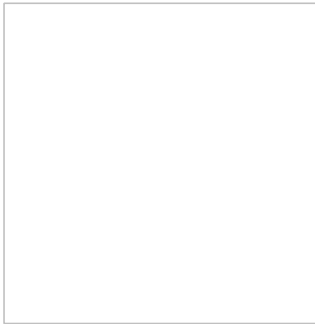
Supporting Health and Wellbeing

The idea is that the befriender will get as much out of the relationship as the befriended. Our volunteers come from a range of backgrounds, experiences, and ages, ensuring a diverse volunteer base. They work holistically to support the customer's independence, establish social connections, reduce isolation, and support their physical and social wellbeing.

Customers and volunteers are supported by our Befriending Coordinator, Demmi Robinson, for 12 months. After this period and a positive relationship has been established, on agreement they will leave the service and continue their long-term friendship. Demmi will regularly check in with customers completing phone support and home visits to ensure they are satisfied with the service, offering support, advice, and signposting when required.



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<https://www.ageuk.org.uk/northtyneside/our-services/befriending-7c89158b-1948-ef11-a81c->



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