

Putting a Smile on Faces in Powys

Powys Befriending Service works with people over 50, to reduce loneliness and isolation by providing volunteer Befrienders (who are subject to police checks, induction and ongoing training) to visit people in their own homes or in the community, providing companionship and connection with their community. Befrienders also run our regular groups and social activities throughout the county, where people meet up to chat over coffee, tea and lunch, or participate in art, craft, singing, board games etc as well as day trips in the summer months and Christmas celebrations.

When lockdown was announced we realised our clients were going to be cut off from the social contact that they had been enjoying – which for many was their only connection with their community – something they enjoyed and looked forward to.

We quickly set up telephone Befriending for all existing client that wanted it – a weekly call for a friendly chat and signposting them to other services they needed.

As fast as we were sorting out our existing clients we started receiving new referrals, and although many of our Befrienders are happy to phone more than 1 person (some are calling up to 6!) we needed more volunteers – and quick - if we were not going to let anyone down.

The call went out via social media, other organisations, posters and by letter, bringing over 200 enquiries from potential volunteers - not just Powys – all over Wales and the UK and further - France, Cyprus and the USA!

We have been overwhelmed with the generosity of spirit to help others in this difficult time. It has meant we have kept in contact with ALL existing clients and Befrienders and getting to know new clients and volunteers.

Could **YOU** help to keep our over 50's smiling?



<https://www.facebook.com/powysbefriendingervice> pbs@pavo.org.uk
<https://www.pavo.org.uk/help-for-people/befriending.html>

☎ 01597 822 191