

employment prospects.

Can you help transform someone's life, simply by volunteering just an hour or so weekly or monthly?

Volunteering is beneficial - the evidence is very clear about the positive impact on physical health, mental health and wellbeing.

Can you, or someone you know, benefit from the companionship and support of a Volunteer Befriender?

Volunteering provides the opportunity to meet new friends, learn new skills and discover new talents.

Crossroads Befriending
01592 630253
suzanne@crossroadsg.co.uk

Volunteering improves your confidence, purpose and life satisfaction by being part of something that benefits yourself and others and transforms lives.

Donate to Crossroads Fife so that no one is alone.

Volunteering develops your social skills, team working abilities, positive attitudes and increases your education and

Please call 01592 610540 for a donation form or we can take your details by phone.



Befriending

North East, Central Fife & Levenmouth

Building stronger social connections



**Buko Tower, Dalton Road
Southfield, Glenrothes KY6 2SS
www.crossroadsfifecentral.org**

01592 630253

Crossroads Fife - Befriending

Service supports vulnerable adults living in North East Fife, Central Fife and Levenmouth who are socially isolated and lonely.

Many people are adversely affected by social isolation and loneliness which negatively impacts on their health and wellbeing.

Isolation and Loneliness can affect any of us at any time for any number of reasons and we can all play our part by reaching out.

Befriending can make a massive difference in improving social interaction whether asking for help or supporting others.

Befriending helps to build stronger social connections and is a vital link to other valuable sources of information and support.

Befriending is a social activity which could be through group befriending or one to one befriending such as a regular phone/video chat, home or community visit.

Befriending is a confidential, and supportive relationship which can lead to better self-esteem, confidence, health and wellbeing.

Befriending is a mutually beneficial relationship that has a real positive impact for everyone.

Befriending is all about connections, shared interests and combating the negative effects of isolation & loneliness.

Volunteer Befrienders are excellent listeners and can provide much needed emotional support.

'I feel so much better by having someone to talk to and have a good laugh with!



Volunteering matters - It's all about new experiences, feeling great and making a massive difference to someone's life – they'll feel amazing and so will you!