

**OVER 9 MILLION PEOPLE IN THE UK  
ARE OFTEN OR ALWAYS LONELY**

# **VOLUNTEER TO HELP PEOPLE OVERCOME LONELINESS AND ISOLATION**



**It is widely recognised that loneliness can be devastating for  
people's mental and physical health and wellbeing**

**You can help to transform people's lives**

**TAKE TIME  
GETTING TO KNOW  
THE PERSON  
AND THEIR LIFE**

**ACCOMPANY PEOPLE TO  
ACTIVITIES  
OR INSPIRE THEM TO  
TAKE UP NEW  
INTERESTS AND OPPORTUNITIES**

**MENTOR  
AND SUPPORT  
SOMEONE TO BUILD THEIR  
CONFIDENCE**

**BRING PEOPLE  
TOGETHER  
TO BENEFIT FROM PEER  
AND MUTUAL SUPPORT**

## You can help...

### People are lonely for many reasons:

perhaps due to recent retirement, bereavement or separation, or becoming a new mum, a young care leaver, new to the area or coping with long term health conditions



## As a Plus volunteer you will ...

- Have the opportunity to help a wide range of people over the age of 18
- Provide regular support for up to 6 months
- Be approachable, positive and a good listener

## In return ...

- We will provide full training, support and guidance
- You will join a network of volunteers who are making a real difference to people's lives
- You can access ongoing training, social activities and peer support

## Want to know more? ...

We would love to hear from you, please get in touch with one of our friendly team

Call our Volunteer Team on

01905 27525 or email

[Plusvolunteering@onside-advocacy.org.uk](mailto:Plusvolunteering@onside-advocacy.org.uk)

**Plus**   
PEOPLE LIKE US

 **ONSIDE**

PASSIONATE ABOUT EQUALITY

Charity no: 1102022

The Plus Service is delivered by Onside in partnership with Worcester Community Trust and Simply Limitless, supported by a wide range of other local partnerships

