

## Contact Details

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Cockermouth Linking Lives operates as a community franchise of Linking Lives UK (Charity No: 1170325)

[www.linkinglives.co.uk](http://www.linkinglives.co.uk)

**Need a home visitor?  
Able to volunteer?  
Want to help us?**



**Combating social isolation in Cockermouth  
and surrounding Area**

## Who we are

Cockermouth Linking Lives is a befriending service generally aimed at those over 60 who find themselves requiring some extra friendship and support. The service was set up using the model of a Berkshire charity which has been operating since 1998. We match volunteers with older people who would like to see a friendly volunteer visitor on a regular basis for around one hour, and perhaps go out for short outings to local places of interest.



## Volunteers

Cockermouth Linking Lives relies on volunteers to deliver our service. Volunteers do not need any special skills as they receive full training, support and advice for their role. They also provide references and receive the necessary criminal records checks (DBS) prior to beginning visits. If you would like to volunteer, please give us a call for more information or an application form.

*“When I first started befriending, I thought it was just for the benefit of the elderly person whereas in fact, we have both blossomed”*

### **Need a Visitor?**

Many people find themselves alone after their partner passes away or are isolated, due to illness or disability. For one reason or another they do not get out, or see as many people as often as they would like. This is where Linking Lives comes in. We find a compatible volunteer, based on interests, geography and personality. Visits are then arranged at times convenient for the volunteer and 'Link Friend'. If you know of someone who would benefit from having a regular visitor, or if you would like a visitor yourself, please contact us (see details overleaf).

*“My volunteer’s warm welcome gave me a feeling of being wanted, restored my confidence and with the frequent visits and other activities I have managed to get back on my feet – I cannot thank them enough for helping me get my life back again.”*