

**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**

**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

