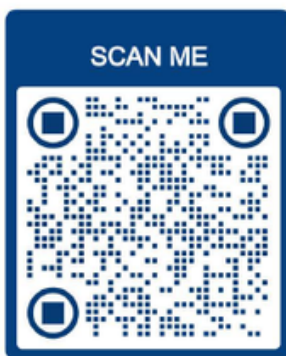




The Queen's Award  
for Voluntary Service

[www.letsbfriend.org.uk](http://www.letsbfriend.org.uk)

# Become a befriender



**Loneliness sucks!**

Do you have an hour a week for a cuppa & a natter?

Half of all older people say that the television is their main form of company... **and now we all know what isolation feels like.**

Can you visit an isolated older neighbour near you?



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