

# Befriending

**Do you know someone who is lonely and isolated?**

Our befriending service could be just the ticket...

The chance to chat - Telephone Befriending

Write Letters - Penfriending

Share common interests or just enjoy some company.

CONTACT 01206 368420 (option 3)



**All our volunteers go through DBS checks and personal references to ensure a safe high service.**



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-  c/o CVS, 22 Rosemary Road, Clacton, Essex, CO15 1NZ
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