



# Companion Service

Want to make new friends and connect with your community?



# Companion Service

## Would you like.....

- A telephone or video call for a friendly chat?
- A visitor to your home to enjoy a chat in person?
- A bit of help understanding IT? (setting up your equipment, learning how to use the internet or picking up some new skills etc)
- Someone to enjoy a walk with to get some fresh air?
- Someone to go with you to enjoy your favourite activity (maybe a visit to the garden centre or your favourite café, for example)?

## What is the Companion Service?

Our Companion Service can help you become more socially active, whether that's over the phone, in your home or out and about in the community. We want to make it possible for you to still enjoy your life and to do the things that mean something to you with the support of a carefully chosen volunteer companion. Hopefully, that'll make you feel better, maybe more active and even more involved with your local community.

We aim to make your choices possible wherever it is safe to do so. We'll match you with a trained volunteer who shares your interests or hobbies so you can both enjoy your time together.

## Who can join this service?

The Service is open to older people who are resident in the City or County of Nottinghamshire.



**“We built up a great relationship over the years and it became more like speaking to a family member.”**

## **What kind of things can I do?**

Some people really enjoy a cuppa and a chat at home or on the phone – we can help with that. Others want to go out and about, maybe to the theatre, a garden centre, a café or a place of special interest. We'll be happy to consider any and all requests and will do our best to help. We can't promise we'll have a volunteer for every activity, but we'll always try.

## **How much does it cost?**

Prices start from £12 per session depending on what you want to do. Some activities (such as a theatre trip, for example) might attract additional charges. We'll be able to give you a more accurate idea of costs once we know what you'd like to do within the Companion Service. Telephone Companion Service costs £30 per annum. You're welcome to give us a call to find out more about costs and there will be no obligation for you to sign up to the service. Sometimes, we might even be able to help with costs as people in receipt of means-tested benefits (such as Pension Credit) will be eligible for a discount.

## **How to sign up for this service**

Give us a call or email us and we'll come back to you as soon as possible.

**Our friendly advisors are there to offer advice and give more information about accessing this service.**

**Contact us by:**



**0115 8599206**



**[companion.service@ageuknotts.org.uk](mailto:companion.service@ageuknotts.org.uk)**

**You can access more information about this and other services by visiting: [www.ageuk.org.uk/notts/](http://www.ageuk.org.uk/notts/)**



**Everything we do, we do to make a positive difference to everybody that we interact with.**

**We show integrity and treat each other with respect, kindness, and compassion, celebrating our differences and our diverse community.**

**For more information on any of our services, please contact us:**

## **Age UK Nottingham & Nottinghamshire**

**The Lifestyle Centre**

**16-18 Bridgeway Centre**

**Nottingham**

**NG2 2JD**



**0115 844 0011**



**info@ageuknotts.org.uk**



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