



Charity no 1142414

COLCHESTER &  
NORTH EAST ESSEX

# Befriending Service

Would you like a lovely, friendly cup of tea, a chat or just some company to spend some time with?

Our FREE local friendly Befriending service could be just the ticket for you....

The chance to chat, share common interests or just enjoy some company.

For Tendring area contact

01255 447007 (option 3)

For Colchester / Witham area contact

01206 368420 (option 3)

Why not consider becoming a volunteer befriender?

Covering Colchester, Tendring and Witham areas, we help people over 60 who feel lonely and isolated, by matching them to new friends in their local area.

Could you spare some time to befriend a lonely or isolated person and help make a difference to their life?

**A regular phone call, or a cup of tea and a chat, could make all the difference.**

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



-  63 North Hill, Colchester, Essex, CO1 1PX
-  c/o CVS, 22 Rosemary Road, Clacton, Essex, CO15 1NZ
-  01206 368420 (Witham & Colchester) option 3
-  01255 447007 (Clacton & Harwich) option 3
-  [befriending@ageconcerncolchester.org.uk](mailto:befriending@ageconcerncolchester.org.uk)
-  [www.ageconcerncolchester.org.uk](http://www.ageconcerncolchester.org.uk)

