

# BEFRIENDING

**“JUST THINKING OF HER COMING  
IN LIFTS MY SPIRITS”**

**A community based service offering** informal social support for older people who do not have regular visitors, or whose opportunities to get out and socialise are limited by lack of transport or reduced mobility.



## **The Service Is**

- Free & Confidential
- Provides friendly conversation and companionship
- Provides an opportunity to form a trusting relationship over time
- Keeping you connected to your local community
- Provides a sense of security for you and peace of mind for your family
- Can provide a break for someone in a caring role

Telephone  
**(00353) 71 9854928**  
or **54030**

# USEFUL INFORMATION

## WHO can use this service?

Any person over the age of 55 years who lives alone, is socially isolated or if you are in a caring role and you need some support to have a break.

## WHO will visit me?

The RISE Co-ordinator matches you with a suitable befriender from our staff and volunteer team who is fully trained and garda vetted. You will be introduced to the person and if you are both happy to proceed with the match, the RISE Co-ordinator will proceed with the agreement.

## WHERE? Is the service only for people in Rossinver?

The service is available free of charge to anyone within a 10 mile radius of Rossinver. If your befriender has to travel further than 10 miles you may be charged a small amount per mile for any additional travel costs.

## WHEN will I be visited?

You will be visited at a mutually agreed time that suits both you and your befriender. This will usually be on a regular day for up to 1 hour each week.

## HOW do I sign up?

Just phone us on 071 98 54030 and we will take it from there!

## Comments on our Befriending Service...

*"Brightens the place up when he comes in"*

*"Great to have someone else to talk to"*

*"I look forward to her coming"*

*"Great company for Mum, lifts her spirits,  
very pleasant and helpful"*

*"...unbelievable how much it contributes to Mums week,  
another visitor during day when her family are at work"*

The befriending service is provided by the RISE Project, located in the New Ballagh Centre, Rossinver, Co Leitrim, F91 H2HY