## Carnoustie Befrienders

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Carnoustie Befrienders started in 2011 with the aim to visit elderly people who may be lonely, in their own homes in Carnoustie, Barry, Muirdrum and Easthaven.

We take referrals for befriending from many sources, Social work, Voluntary Action Angus, medical and nursing, families, neighbours, friends and the elderly themselves. We do an initial visit to ensure that the elderly person does wish to have a visitor and to ensure we can meet their request. Please phone us.

All our volunteer befrienders live in the local area. Each prospective volunteer completes our recruitment procedure of application form, interview, references and a Protection of Vulnerable Groups (PVG)

All the volunteers and the people we visit are invited to go out for a high tea with entertainment twice a year at Christmas and in the summer. Everyone travels to the venue by taxi.

We are delighted to receive funding from a number of local charities.

If you think you could spare an hour or two each week to visit a lonely person please phone us for a chat.