

## Befriending in the City



Our City of London Befriending Service is one way of addressing social isolation and loneliness by matching individuals with a committed and trained befriender who will visit their service user to an agreed schedule.

Age UK East London has a long track record of working with different boroughs including the City of London and recognises the role for befriending in improving peoples' lives by providing emotional and practical support, improving health and wellbeing, building confidence and helping them to make the most of their lives.

**Contact person:**  
**Philip Adams**  
**Befriending Project Co-Ordinator**  
**Advocacy and Befriending Team**

This support is provided by our trained volunteer befrienders all of whom have different experiences, skills and backgrounds and are supervised in their role.

**Telephone us on 020 8981 7124 or email us at [befriending@ageukeastlondon.org.uk](mailto:befriending@ageukeastlondon.org.uk)**

**Office: 82 Russia Lane , London, E2 9LU**

**[www.ageukeastlondon.org.uk](http://www.ageukeastlondon.org.uk)**

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