

# Can you give someone an hour?

If you've got the time to talk to someone who needs support, we'd love to hear from you.

Our volunteers give an hour or two a week, or a fortnight, to people who need it.

We need help in situations of:

- Terminal illness, or bereavement
- Dementia
- Long term conditions
- General loneliness and health problems

You can choose what you want to help with. We work via telephone, and in person.

The service works out of various community venues. To find out more, call: 07385 427042 or email [volunteers@uhcw.nhs.uk](mailto:volunteers@uhcw.nhs.uk)

