

VSL BEFRIENDING



The VSL befriending scheme matches volunteers with service users based on shared interests, the individual's needs, and the volunteers' availability. The scheme is available to isolated and vulnerable adults living in the London Borough of Lewisham.

A volunteer will visit a service user for an hour each week, on a day and time suitable to both. Volunteers can offer a listening ear over a cup of tea, help with shopping or escort service users on walks and outings.

VSL also offers telephone befriending for service users who prefer a call over to a personal visit. A volunteer will call at an agreed time each week from the VSL offices.

HOW TO ACCESS THIS SERVICE

Service users can be referred to VSL by a statutory organisation, by a family member or individuals can refer themselves. When requesting a volunteer it is important to provide information about medical conditions, hobbies and interests as this helps us match services users and volunteers.

