



Multilingual Telephone Befriending Service

If you are feeling isolated or lonely and need someone to talk to, our friendly telephone chat is right for you.



Our Telephone Befriending Service is:

- Available in Punjabi, Urdu, Polish, Arabic, French, Hindi, Gujrati, Bengali, Tamil, Sinhalese, Patois, Spanish and Portuguese
- Delivered by Trained and Qualified Volunteers, all DBS checked
- Free and confidential



'Befriending has given a meaning to life. It increased my confidence. Allowed me to learn about other cultures.'




'Befriending has allowed me to meet new people and make new friends. It helped me to lift my depression and feeling of isolation'.



'Befriending has exposed me to many cultures and communities. I have started to enjoy my life more!'

Designed by One Solutions 07532138890

If you are interested, please

 call 01753 555650
(Mon-Fri 8.30am -6.00pm)

 text 07460664620

 email bftenquiry@gmail.com

Accessible to over 18 only

