

# Tackling Loneliness and Isolation in the Cork City area

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#### FRIENDLY CALL PHONE SERVICE

- Friendly Call Cork is a FREE PHONE CALL SERVICE for people living alone and is available to older people and anyone feeling lonely, isolated or vulnerable.
- Friendly Call Cork operates 5 days a week; Monday to Friday and will check that all is well with you or a loved one.

### **BEFRIENDING VISITING SERVICE**

- This service will provide companionship through a volunteer visiting one hour a week
- It will provide practical supports where necessary and appropriate
- All our volunteers are trained, Garda
  vetted and supported by
  experienced mentors















## **Friendly Call Cork Phone Service and Befriending Visits**

#### Service is available to

- Older People or Individuals who may feel lonely, isolated and vulnerable
- People with Chronic Illness
- Anyone who cannot engage in an active way in the wider community
- Individuals can self-refer or can be referred by healthcare professionals, community groups or family members/friends.

# Volunteers Needed

We are currently recruiting volunteers for our Friendly Call and Befriending Visits.

# With a Friendly Call you are NEVER alone

For further information, please contact Brenda on 087 636 6407 or 021 430 1700 Friendly Call Cork, Cork City Partnership Outreach Office, Parochial Hall, Knockfree Avenue, Churchfield, Cork Email: Brenda.Barry@partnershipcork.ie www.corkcitypartnership.ie











