

# Would you like some help or support during COVID-19?

Do you need help with shopping, getting your medication or other practical things?

Would like to have a regular phone call with someone for a friendly chat?

During these difficult times local Volunteering Matters are here to help with both of these.



**You could enjoy a weekly call with a volunteer sharing news and a cup of tea while you chat.**

- We'll find out what you need and tell you about what we can offer
- We'll match you with a volunteer who has been checked and trained
- We'll offer you support, keep in touch with you, and find out what difference your volunteer has made to your life.

**For more information please contact  
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