

# Laughshare's Befriending & Good Morning Call Service

*If you would benefit or if you know someone who may benefit from a Befriending visit or a Good Morning call please contact:*

**The Befriending Team**

**028 3885 1911**

**e: [befriendinginitiative@live.co.uk](mailto:befriendinginitiative@live.co.uk)**



**A free and confidential support service is being offered mainly in the rural areas of Maghery, Milltown, Charlestown, Derryinver, Birches, Derrymacash, Derryadd, Derrytrasna, Aghagallon, and Derrymore.**



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Research has shown that loneliness has significant links to a range of chronic conditions, including high blood pressure and depression, and increases the risk of developing Alzheimer's disease by over 60%. On average, 10% of the population aged over 65 is chronically lonely, which means they feel lonely all or most of the time. *(Campaign to End Loneliness, 2013)*

The issue of loneliness and isolation among rural older people in the South Lough Shore Area is being addressed by Loughshore Care Partnership.

By recruiting, training, deploying and supporting volunteer befrienders from all walks of life, the Loughshore Befriending and Good Morning Service is able to support isolated rural older people, alleviating loneliness by engaging the good will of local people who spend an hour or two a week with their 'befriender', or making a Good Morning call each morning.

