

## **A pilot randomised controlled trial of one-to-one befriending by volunteers for people with intellectual disabilities**

### ***Are you interested in volunteering/ befriending?***



### **We are looking for volunteers to take part in a pilot study of befriending for people with learning disabilities**

- Befriending can make a difference to the lives of people with learning disabilities, particularly as many people do not have friends or are socially isolated.
- Befriending can be a rewarding experience and may also help you to develop your confidence, skills and knowledge in working with people with learning disabilities.

Volunteers will need to be 18 years of age or older. **We are looking for volunteers who are available for one hour a week for six months (where possible).**

If you are interested, please contact:

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