

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

***Do you want to take part in a study about
befriending?***



**We are looking for adults with learning disabilities
who:**

- do not get the chance to go out much or take part in activities
- feel sad or depressed
- have mild or moderate learning disabilities

If you decide to take part, you may be matched to a volunteer who will meet with you once a week for 6 months. The volunteer will help you to go out and take part in activities.

If you are interested, please contact:

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