



**Prevention  
Matters**

# **Prevent Isolation. Become a Befriender**

**Lend a helping hand  
or a listening ear to  
people who are  
socially isolated in  
Buckinghamshire.**



**Make a difference and contact  
our Volunteer Co-ordinator**

**Call: 01296 484322**

**Email: [volunteers@connectionsupport.org.uk](mailto:volunteers@connectionsupport.org.uk)  
[connectionsupport.org.uk/volunteer](https://connectionsupport.org.uk/volunteer)**