

Would you
or someone
you know
like to talk to
someone who
understands?

Our **Peer Befrienders** are people who live with a stroke or have relevant experience.

They will provide a **listening ear** and share similar experiences.

They offer **encouragement** and support to **build confidence** and give time for a relaxing chat.

This can be through one-to-one visits, at **home**, in a **care home**, over the **telephone** or **online**.



How can a Peer Befriender help?

- Share similar experiences
- Improve communication skills
- Increase confidence and reduce isolation
- Encouragement to access activities

Peer befrienders are fully trained and understand how to use communication tools.

This service is for people who are over 18 years old, have been diagnosed with a stroke and are registered with a GP in Cornwall.

We can take referrals from health and social care professionals, friends, family, or self-referrals.

Contact us:



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**Volunteer Cornwall registered charity
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