**The Link Visiting Scheme**is a local charity based in Wokingham Borough that aims to help people struggling with the serious impact of loneliness and enable them to make friends and engage again with their community.

Feeling lonely and isolated can have a negative impact on our health and can lead to low mood, stress, anxiety and a lack of confidence. The Link Visiting Scheme works with volunteers who give time to visit an older person for a couple of hours once a week or fortnight. Our aim is to improve wellbeing and have as much fun and enjoyment as possible.

‘This is a fantastic scheme offering support to the local community. It offers Margaret more social activity and has enriched my life listening to her stories and being in her company. Thank you! I’m so pleased I signed up! NG’

Spending quality time with someone can be transforming and we’ve had the pleasure of seeing many lives improved by friendly volunteers regularly visiting someone who see very few people from week to week. We have approx. 400 volunteers throughout the borough engaging with people and often taking them out to coffee shops or garden centres where possible.

We also have a growing program of social activities aimed at encouraging older people to venture out and meet others in a safe, friendly environment. These include regular pub lunches, friendship groups, singing, yoga, bowling, Friendship Tables in local cafes and lots more!

'It is very satisfying to learn how easy it can be to give a little time to make someone's day PS’

We are now looking for more friendship volunteers who can spare an hour or two each week to join the team. Volunteering with our charity offers the chance to make a real difference to the lives of isolated people in our local community. It’s also a chance to make new friends and feel connected. We provide comprehensive training and ongoing support and we match people up based on availability, location and interests. We know that flexibility is important and that it’s important you can fit your volunteering role around your schedule.

'I have had nothing but great experiences with The Link Visiting Scheme so far, from the communication and training to my pairing with Val as we get on great together and have lots to talk about. It was been a really rewarding and enriching experience for me, I'm so glad I volunteered. Thank you! CE’

If you are interested in finding out more, simply go on our website and request a volunteer pack. Once you return your application form, we will get in touch to arrange a time to call or meet you and talk through the role in more detail.

We believe that no one in our community should feel forgotten or lonely. Please do reach out if you’d like to get involved.

We look forward to hearing from you!

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CEO

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