



CONTACT US



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Sign-up and learn more at:

www.lgbt.ie/telefriending



**LGBT
IRELAND**

For Inclusion
For Equality
For Everyone



LGBTI+ TELEFRIENDING SERVICE

**Supporting LGBTI+ community
members over 50+**

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THE ROLE OF VOLUNTEERS

The Role of the Telefrinding Volunteer is to provide companionship by calling once a week. Volunteers can discuss small practical supports where necessary and appropriate but Volunteers are not there to support with practical support or to assist with tasks. All our volunteers identify as members of the LGBTI+ community, they receive telefriend training, are Garda vetted and supported by a Telefrinding Coordinator.



ABOUT TELEFRIENDING

Our Telefrinding Service offers a once a week telephone call by a friendly volunteer who is trained and garda vetted. Telefrinding provides friendship, security and support to alleviate loneliness, isolation and improve overall mental health and well-being.



BENEFITS OF TELEFRIENDING

Telefrinding offers a great opportunity for individuals to talk regularly with other people who also identify as members of the LGBTI+ community.

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