

Powys Befrienders



Feeling lonely or socially isolated?

Would you like someone to talk to?

PAVO's Powys Befriending Service supports people over the age of 50 living in Powys, to help maintain their independence, build confidence, develop their social network and reconnect with activities in the community or with a friendly cuppa and chat in their own home.

We have skilled, trained Volunteers who can provide face to face befriending, regular telephone calls, letter/email correspondence as well as supporting you to access a wide range of online groups and local social activities.

To make a referral to **Powys Befriending Service**:

Tel: 01597 822191 Email pbs@pavo.org.uk Facebook & Twitter



Could you be a Powys Befriender?

Contact us today to find out how you can make a real difference to an older person's life. Full training and ongoing support will be provided.

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Bwrdd Iechyd Addysgu Powys
Powys Teaching Health Board

Bwrdd Partneriaeth Ranbarthol Powys
Iechyd a Gofal Cymdeithasol



Powys Regional Partnership Board
Health and Social Care



Teimlo'n unig neu'n ynysig yn gymdeithasol?

Hoffech chi rywun i siarad â nhw?

Mae **Gwasanaeth Cyfeillio Powys PAVO** yn cefnogi pobl dros 50 oed sy'n byw ym Mhowys, i helpu i gynnal eu hannibyniaeth, magu hyder, datblygu eu rhwydwaith gymdeithasol ac ailgysylltu â gweithgareddau yn y gymuned neu gyda phaned gyfeillgar a sgwrs yn eu cartref eu hunain.

Mae gennym Wirfoddolwyr medrus, hyfforddedig sy'n gallu darparu cyfeillio wyneb yn wyneb, galwadau ffôn rheolaidd, gohebiaeth llythyr / e-bost yn ogystal â'ch cefnogi chi i gael mynediad at ystod eang o grwpiau ar-lein a gweithgareddau cymdeithasol lleol.

Cyfeirio at Wasanaeth Cyfeillio Powys:

Ffon: 01597 822191 Ebst pbs@pavo.org.uk Facebook & Twitter



Allech chi fod yn Gyfeilliwr Powys?

Cysylltwch â ni heddiw i ddarganfod sut y gallwch chi wneud gwahaniaeth go iawn i fywyd person hŷn. Darperir hyfforddiant llawn a chefnogaeth barhaus.

Cwmni Cyfyngedig drwy warant 3522144 Wedi'i gofrestru yng Nghymru | Rhif Elusen Gofrestredig: 1069557