

# What is the befriending service?



**befriending**

- This free service connects a trained volunteer befriender to people affected by epilepsy
- The volunteer offers a friendly listening ear and helps the person to work through any difficulties or challenges they may be experiencing due to epilepsy
- Befriending reduces isolation, and improves confidence and wellbeing
- Befriending takes place virtually or on the phone, making it easy to access from home

## To find out more:



[epilepsy.org.uk/befriending](https://epilepsy.org.uk/befriending)



[befriending@epilepsy.org.uk](mailto:befriending@epilepsy.org.uk)



0113 210 8906

