

Active
Gloucestershire



BUILDING CIRCLES WITH ACTIVE FRIENDS



Combine fun, friendship and fitness

- 60% of adults with a learning disability say they feel lonely or isolated. Can you help to brighten someone's week?
- Could you spare a few minutes every week as part of your exercise regime?
- Drop in on someone while on route and become an Active Friend

VOLUNTEER just a few minutes of your time to change someone's life AND increase your motivation to exercise!

Contact Building Circles—01452 617346

admin@buildingcirclesglos.org.uk

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At Active Friends we believe it is everybody's right to be an active part of society, that everyone should be able to access the things that we all take for granted – friendship, kindness and isolation.

Help us to make a difference

Your commitment:

To spare a few minutes a week as part of your exercise regime to visit someone who is lonely or isolated, whether that be to stop off and have a cup of tea, a chat or to drop off a pint of milk.

How much you build your friendship is entirely up to you and your matched person

Our commitment to you:

- We will carefully match our volunteers with people who would like a friend
- We will provide full training to all volunteers
- We provide ongoing support to help you build your friendship
- Paid expenses
- Your own volunteer co-ordinator to help you through the process
- You will be appreciated and become part of our community

*Working in partnership with
Active Gloucestershire to get everyone
active everyday.*

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