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We're all becoming more aware of how many lonely people there are who won't reach out and there needs to be someone to make that first step and that first connection.

Guildford Community
Warden



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I don't think I would have got through lockdown without your support. I would have been hiding in a room.



SPREADING THE WORD

We want more people to know about Community Angels, to help us reach those who are most isolated.

It only takes one person to notice and that can make all the difference. Please share our project with friends, neighbours and colleagues. Get in touch for more leaflets or information to share.

YOU CAN HELP US BY:



JOINING OUR TEAM OF 100+ VOLUNTEERS



SUPPORTING US FINANCIALLY



RECEIVING REGULAR NEWS & UPDATES



PRAYING FOR OUR WORK

We rely on regular donations to continue our life-changing work.

Please please visit our website to donate online www.gtcc.org.uk/donate or text **70085** using the code **ANGEL** and the amount e.g. **ANGEL20**.

Community Angel Coordinator

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@ComAngelsGFD

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Registered Charity number: **1126056**

Registered Company number: **06639603**

BEFRIEND | CONNECT | EMPOWER

communityangels



gtcc
Guildford Town Centre Chaplaincy

www.gtcc.org.uk



ABOUT COMMUNITY ANGELS

Community Angels is a befriending project run by Guildford Town Centre Chaplaincy. Our trained volunteers support adults (18+) who face loneliness and isolation due to:



Bereavement



Mental Illness



Disability



Physical Illness



Being a Carer



Loss of Confidence



Difficult Personal Circumstances



Facing Change

Befriending may range from chatting over a coffee to going for walks, trying a new activity or accessing other types of help.

Community Angels give weekly one-to-one support for around six months, offering companionship, building confidence and finding ways to reconnect people with their local community.

BE AN ANGEL: VOLUNTEER

Volunteer Community Angels can make the world of difference to someone who feels lonely and isolated.

We have an ongoing need for new volunteers to join our team.



All sorts of people become Community Angels. Do you:

- *Have an hour or two to spare each week?*
- *Enjoy listening to people?*
- *Have a non-judgemental attitude?*
- *Enjoy building relationships?*
- *Enjoy supporting others?*

When matching you with someone to befriend, we consider your experience, interests, availability and other preferences.

Please contact us to find out more.

LOOKING FOR SUPPORT?

Community Angels is a free service for adults in Guildford Borough.

We accept referrals from a range of organisations, professionals and members of the community. Self-referrals are also welcome.

- *Do you feel lonely or isolated?*
- *Need someone you can talk to?*
- *Want to meet people in your local community?*
- *Want to go out more often?*
- *Are you concerned about someone you know?*

People are referred for all sorts of reasons. We will make an initial visit to find out more about your situation and see if Community Angels is the right support for you.



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Thank you so much for arranging my Angel to visit... Her time with me is a great joy, if I'm feeling low I feel lifted when we chat and look forward to next time.