

**VCVS aims to:**  
**"Achieve and inspire excellence  
in voluntary action in the Vale of  
Glamorgan"**

We can help support you by  
offering:

- Short/long term befriending
- One to one support
- Help to increase confidence
- Connect people with each other  
and local groups
- Increase social networks



**Can we help you?**



**If you would like further  
information on the Friendly  
AdvantAGE Project,  
volunteering opportunities or  
would like to make a referral  
contact the Project Manager or  
Project Assistant at the**

**Friendly AdvantAGE Project**

**Vale Centre for Voluntary Services  
Barry Community Enterprise Centre  
Skomer Road, Barry CF62 9DA  
Telephone: 01446 741706  
Fax: 01446 421442**

**[www.valecvvs.org.uk](http://www.valecvvs.org.uk)  
[sandra@valecvvs.org.uk](mailto:sandra@valecvvs.org.uk)  
[cath@valecvvs.org.uk](mailto:cath@valecvvs.org.uk)**

The Vale Centre for Voluntary Services is a company  
limited by guarantee and a registered charity.

Company No: 3332790  
Reg Charity No: 1062388



*Vale Centre for Voluntary Services  
Canolfan Gwasanaethau Gwirfoddol y Fro*

**Vale Centre for Voluntary Services  
Supporting Voluntary Action in the  
Vale of Glamorgan**

**Friendly AdvantAGE  
Project**

**A befriending service aimed at people  
aged 50 plus living in Cardiff and the  
Vale of Glamorgan**



## Aim

"Friendly AdvantAGE", funded by the Big Lottery, offers a range of befriending services to reduce loneliness and isolation and improve the wellbeing of older people in Cardiff and the Vale of Glamorgan. The project will be delivered over a four year period through a consortium of service providers each focusing on different areas of befriending and all of whom are experienced in supporting older people.

"Friendly AdvantAGE" will work extensively with volunteers in order to reach its goal of supporting 900 beneficiaries over the four year project. The project aims to eventually become self-sustainable with 50% of our volunteers being aged fifty plus.



## Befriending Services

- The Let's Get Out strand provides short term support to increase confidence and social networks for older people throughout Cardiff and the Vale of Glamorgan via Age Concern Cardiff & the Vale of Glamorgan.
- Rural Connections works with individuals and communities to overcome rural isolation and connect people with local groups via Age Concern Cardiff and the Vale of Glamorgan.
- Getting on with IT provides computer skills training to residents in care homes across Cardiff and the Vale to increase social interaction and reduce loneliness via The Vale Centre for Voluntary Services.
- The Long Term Befriending model works with older people who are housebound in the Dinas Powys area and in particular males aged 50 plus who have been bereaved run through Dinas Powys Voluntary Concern.
- The Disability Inclusion strand will enable people of all ages to be recruited as volunteer befrienders to support older disabled people in Cardiff and the Vale of Glamorgan through Scope Cymru.

## Volunteering

Opportunities are available to become a volunteer on projects throughout Cardiff and the Vale of Glamorgan

Become a befriender, lead an activity, form a social group or put your computer skills to good use and help give support to older people in your community

Full training and support provided



**MAKE A DIFFERENCE**