

## Need a Friend?

Many people find themselves alone after their spouse passes away or are isolated, perhaps due to illness or disability. For one reason or another they just don't get out as often as they would like or see as many people as before.

This is where The Link Visiting Scheme comes in. We find a compatible volunteer, based on interests and personality. This person then visits you on days that suit you - we don't just arrive at your door unannounced.

*“My volunteer’s warm welcome gave me a feeling of being wanted, restored my confidence and with the frequent visits and Link activities I have managed to get back on my feet – I cannot thank them enough for helping me get my life back again.”*

If you know of someone who would benefit from having a regular visitor, or if you would like a visitor yourself, please contact us (see details overleaf).

## Meet the Team

### **Rosanna Boxall**

*Scheme*

*Coordinator*

Office: 01562 751144

Mobile: 07599 606830

Email: [rosanna.boxall@simply-limitless.org](mailto:rosanna.boxall@simply-limitless.org)



### **Paul Raper**

*Director*

Office: 01562

751144

Email: [paul@simply-limitless.org](mailto:paul@simply-limitless.org)



### **Lynne Raper**

*Wellbeing Co-ordinator*

Office: 01562 751144

Email: [lynne@simply-limitless.org](mailto:lynne@simply-limitless.org)

## The Link Visiting Scheme

Simply  
LIMITLESS

Puxton Lane  
Kidderminster  
Worcs  
DY11 5DF

[www.simply-limitless.org](http://www.simply-limitless.org)



Combating social isolation in the  
Wyre Forest



Need a friend?  
Able to volunteer?  
Want to help us?

01562 751144

## Who we are

The Link Visiting Scheme is a befriending service operating throughout the Wyre Forest area. It is mainly for those over sixty who find themselves requiring some extra friendship and support.

We aim to match volunteers with elderly people who would love to see a friendly face on a regular basis, perhaps once a week for an hour or so.



## Things we do



### Home Visits

We provide someone with whom you can chat in your home; someone to take an interest and perhaps take you out for a coffee.

### Activities

Our activities provide opportunities to get out and mix with others. They include;

- Cafe
- Seasonal Parties
- Megamovers
- Family Activity Session
- Table tennis
- Living Life To The Full course
- English / Maths tuition

**01562 751144**

## Volunteers

The Link Visiting Scheme relies on volunteers to deliver our service. You don't need any special skills as you will receive training and support during your time as a volunteer.

*“When I first started befriending, I thought it was just for the benefit of the elderly person whereas in fact, we have both blossomed”*

*“I feel valued and my time is appreciated which makes me feel good”*

If you would like to volunteer, please give us a call for more information or an application form.

## Donations

Can you help us financially? Visit [www.simply-limitless.org](http://www.simply-limitless.org) for ways to donate. Please make cheques payable to Simply Limitless and send to the address overleaf.

Thank you!