

Do you want to help someone ? Do you enjoy sending and receiving letters ?

If you have answered yes to both of these questions, you have all the skills needed to become a Pen Pal.

Pen Pals offers support to people who are socially isolated and vulnerable. Receiving regular letters will help them to feel more connected with the outside world.

To ensure the safety of all those involved, as part of being a pen pal we will need:

- 2 references
- A current DBS check - we can help with this!
- To check in with you from time to time

In addition you will need to

- Complete a short training session
- Commit to a 3 month period
- Send letters fortnightly
- Follow some basic guidelines



If you are able to commit to the above please contact us at

penpals@volunteeringmatters.org.uk

to request an application form .