



# Telephone Pals

**When: Weekly 30min chats**

**How: You will be matched with one of our friendly telephone pals who will ring weekly.**

If you would like someone to give you a call to have a weekly chat with, we have lovely telephone pals that will do just that. At a time you agree between you both, our telephone pal will ring each week for half an hour. Just give us a good idea of your interests and we will try and match someone for you to get a regular call from. You will be told who will call & when and we are always on hand to speak with you if you cant make the call that day.

The telephone pals have had criminal records checks, follow codes of conduct and work with us at Volunteering Matters, so you will have peace of mind.

So if you feel like a natter, give us a call.

**gtm@volunteeringmatters.org.uk**  
**Or Call: Freephone 0808 196 6831**