Under One Roof, Mentoring and Befriending service



Do you know anyone who needs a little extra help with managing their tenancy or their electricity and gas bills? We work with people who may have long-term health issues and are suffering from stress and depression. Many have no-one to talk to and feel very alone.

We can offer a volunteer mentor to meet them weekly for up to six months to help with any of those problems. As well, our volunteers can introduce people to community activities, if they would like this.

It can help people increase their confidence, improve their health and well-being AND tackle the problems they have too!

If you do know someone, please:

* Give them one of our information leaflets
* Ask them if they would like a volunteer to meet them weekly
* If the answer is yes, then complete the attached referral form with them, if possible
* Return the referral to Elizabeth Salmon, [Elizabeth.salmon@advice4renters.org.uk](mailto:Elizabeth.salmon@advice4renters.org.uk)