



Befriending Service



Town Break's befriending service runs throughout the council of Stirling.

Visits are roughly 2 hours per week and provide face-to-face interaction.

We match individuals based on mutually shared hobbies and interests.

We aim to meet individual needs and activities may include meeting for coffee, going for a walk etc.

Our befrienders are PVG checked and offer a wealth of experiences from many backgrounds.

The benefits may include;

- Discovering hobbies old and new
- Making new friendships
- Developing skills
- Building mutual confidence and self-esteem.



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