



Derbyshire Carers Telephone Befriending

Telephone Befriending at Derbyshire Carers Association (DCA) is a regular friendly call from a fully trained volunteer to help alleviate isolation and provide some company and light conversation to adult Carers (over 18) within Derbyshire (not Derby City). DCA phone volunteers give support, reassurance, a listening ear.

The DCA Telephone Befriending service is continuing to run in the usual manner throughout the COVID-19 period. DCA established Volunteer callers are continuing to make their calls from home, as usual, to Carers they have previously been matched with, as well as any new Carers needing a chat. DCA Peer Support staff are also helping to provide befriending calls to isolated Carers during this time of increased need.

During the COVID19 period DCA are able to continue to offer support from their Telephone Befriending service to those Carers who are, or have become, more isolated or who are extremely vulnerable. Support and signposting can also be provided during the calls, where the Carer is in need of other information and local support.

If you feel you as a Carer would benefit from telephone support, or wish to discuss the Telephone Befriending, please contact DCA on: 01773 833833.