

Do you prefer the written word to emails, texts, and video-calls? Would you like to be matched to a trained volunteer who would then exchange hand-written letters with you once a month… using good old-fashioned pen, paper, and The Post Office! This service might provide a bit of support for you at a time of loneliness, or it could simply provide a much-needed boost to your wellbeing.

The Volunteer Hub at n-compass provide a freepost reply envelope with each letter you receive, so you will not have to pay postage. The Volunteer Hub administer the freepost re-direction, so that the addresses for both you and the volunteer are kept confidential and un-shared. You are free to write about whatever you feel is appropriate (weather, TV, events, poetry, books, sport, etc, etc) and your communications will remain private (unless the volunteer has a safeguarding concern).

If you are a carer and would like to take advantage of this free service, please contact Ian on 07710 171832 or email [volunteering@n-compass.org.uk](mailto:volunteering@n-compass.org.uk)

