

# Befriending

in Brighton & Hove

**Contact Point**

**01273 229005**

**contact@bhbefriending.org**

**www.bhbefriending.org**

Call us:

- to find out about local befriending organisations
- to find a befriender for yourself or someone else
- to find out about becoming a volunteer befriender



***“I can't put into words how much befriending has changed my life!”***