



NEW service!

Gosport Buddy Brigade

Rebuilding confidence together



Are you aged 55+?

Have you been shielding?

Do you feel ready to go out, but nervous about going alone?

A Buddy Brigade volunteer can help you get back into the community.



Take a short stroll



Visit a cafe



Use public transport

Our helpful volunteers will be with you every step of the way, providing companionship and conversation.

If you'd like to use the Buddy Brigade service, or become a volunteer, please contact Emma on **02392 503871** or **emma.may@gva.org.uk**



At the Heart of Our Community

www.gva.org.uk



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