

**It's okay to feel
overwhelmed
with family life.**



In partnership with



**Please speak to your Early
Help Coordinator or Lead
Practitioner about being
referred to our service.**



**EARLY HELP
TELEPHONE
BEFRIENDING
SERVICE**

**To provide support for
families in the Bradford
District**



WHO WE ARE

Together Talks is a telephone befriending service which was developed by Bradford Metropolitan District Council (BMDC), the local NHS and the Voluntary and Community Sector during the Covid-19 pandemic.

The service was created to help alleviate some of the loneliness and isolation faced by people in our community,

We have now partnered with Early Help to provide additional support to families in the Bradford District.

"My befriender always listens to my worries. They are so kind and supportive and give me motivation to keep on track and do the best for my kids."

"My befriender never judges me. When things go wrong at home, we can work out what I can do better next next time."

OUR SERVICES

FREE telephone support from dedicated and trained volunteer befrienders, who will offer support with:

- **Linking to your local community interests and activities**
- **Relocation**
- **Balancing your own needs with your children's needs**
- **Improving your quality of life and encouraging you to realise your potential**
- **Finding the support solutions you need e.g. schools, shopping and DWP**
- **Bringing calm to your everyday life**

And much more...