

GET CONNECTED

Whether you're looking for support, want to refer someone, or are interested in becoming a volunteer, the Aberdeen Befriending Network can help you find the right place to start.

👉 Find out more or get in touch:



info@aberdeenbefriendingnetwork.co.uk



www.aberdeenbefriendingnetwork.co.uk

You can also connect directly with any of the organisations listed in this leaflet.

Together, we can help more people feel connected, supported and valued.



**ABERDEEN
BEFRIENDING
NETWORK**

BUILDING A MORE CONNECTED ABERDEEN

WHAT IS BEFRIENDING?

Befriending is all about connection. It brings people together through regular contact, a friendly chat and a listening ear — helping to reduce loneliness and build meaningful relationships.

Across Aberdeen, befriending supports people who may be feeling isolated, overwhelmed, or in need of a bit of extra support.



Befriending is flexible and tailored to different needs, including:

Adult befriending – supporting people aged 18–65

Older adult befriending – offering companionship to people aged 65+

Mental health befriending – supporting individuals experiencing mental health challenges

Condition-specific befriending – supporting people living with disabilities or long-term conditions

Each service is designed around the individual — creating safe, supportive relationships that make a real difference.



ABOUT THE ABERDEEN BEFRIENDING NETWORK

The Aberdeen Befriending Network brings together organisations across the city who are supporting people experiencing loneliness and isolation.

Across Aberdeen, many people face challenges that can lead to feeling disconnected — whether through age, ill health, disability, life changes, or difficult circumstances. Befriending plays a vital role in helping people feel seen, heard and valued again.

The network exists to make it easier for people to access the right support at the right time. By connecting services, we help reduce confusion, improve referrals, and ensure individuals can find a befriending service that meets their needs.

We also create opportunities for organisations to work more closely together — sharing knowledge, building relationships, and strengthening the overall support available across the city.

Together, we are building a more joined-up, compassionate approach to tackling loneliness and social isolation in Aberdeen.

THE ABERDEEN BEFRIENDING NETWORK

Befriending & Social Connections



Aberdeen Linking Lives is a befriending service for older adults that provides companionship through weekly home visits or phone calls. Volunteers are carefully selected, trained, and matched with individuals in need of friendship and support. This service helps combat loneliness and fosters connections within the community.

Email: aberdeen@linkinglives.uk **Tel:** 07493 359698

The Living Well Befriending Service aims to support anyone over 65 years of age who may be lonely or isolated in the North of Aberdeen. It achieves this by recruiting Volunteers (Befrienders) who visit a friend (Befriender) in their own home weekly for about an hour.

Our Volunteers all agree that visiting their Befriender is very rewarding and gives them a sense of fulfilment.

Email: befriending@thelivingwellproject.org.uk

Tel: 07475 940726

Re-Connect is a short-term, goals-based befriending project for older adults in Aberdeen experiencing loneliness or low wellbeing. The service helps individuals build confidence, develop social connections and reconnect with community life.

Email: reconnect@kingschurchaberdeen.com

Tel: 01224 518936



Mental Health | Condition Specific



Penumbra supports people who are feeling overwhelmed, distressed, or struggling with their mental health. Many of the team have lived experience, offering understanding, personalised support to help people improve their wellbeing and find a way forward.

Email: penumbra365@penumbra.org.uk

Tel: 01224 074550



The CCL Listening Service provides a confidential space for individuals facing challenges like ill-health, bereavement, relationship breakdowns, or unemployment. Appointments last 50 minutes and are face-to-face. To access the service, check with your GP or contact the Health Village for appointments.

Email: gram.listening@nhs.scot **Tel:** 01224 655555



Stroke Association helps individuals rebuild their lives after a stroke by providing specialist support, funding research, and campaigning for optimal care. Our "Here For You" service offers weekly phone conversations with trained volunteers to enhance confidence and connection during recovery.

Online Form: stroke.org.uk/here-for-you

Tel: 03033 033100



Aberdeen Action on Disability (AAD) is a user-led organization established in 1992 to assist individuals with physical and sensory disabilities in Aberdeen. Managed by people with disabilities, AAD provides expert information, representation on disability issues, and raises awareness about related challenges.

Email: office@aad-online.com

Tel: 01224 641355

Mental Health | Condition Specific cont..



Alcohol & Drugs Action offers alcohol and drug support services in Aberdeen City and Aberdeenshire for individuals and families, featuring volunteer-led befriending groups and individual support available in person or by telephone.

Email: info@alcoholanddrugsaction.org.uk

Tel: 01224 577120



Aberdeen Independent MS offers peer support and social connection for people living with multiple sclerosis and other neurological conditions. The organisation provides opportunities to meet others with shared experience, build confidence, reduce isolation, and access one-to-one support and group activities.

Email: info@youraims.org

Tel: 01224 820453



Marie Curie provides emotional and practical support for people living with terminal illness and their families. Services include specialist nursing care and access to a national support line for information and guidance.

Email: CompanionScotland@mariecurie.org.uk

Tel: 01414 73 1785

Carers



Quarriers Aberdeen Carers Support Service provides information, advice and practical support to unpaid adult carers in Aberdeen. They work with carers to understand their caring role, help reduce isolation, connect to local groups and resources, and offer guidance on wellbeing, respite and training.

Email: aberdeencarers@quarriers.org.uk

Tel: 01224 914036

Other Support



Meal Makers connects volunteers who enjoy cooking with older neighbours in need of a weekly home-cooked meal and friendly chat, fostering community connections and support while providing freshly prepared meals.

Email: meals@thefoodtrain.co.uk **Tel:** 01415 518118



VSA (Voluntary Service Aberdeen) offers a befriending service that connects trained volunteers with individuals facing isolation, enhancing their well-being and social connections. The charity provides tailored support across various age groups, including children, adults, and older people with additional needs.

Email: info@vsa.org.uk

Tel: 01224 212 021



Aberdeen Cyrenians supports individuals experiencing homelessness or moving into settled accommodation. The organisation provides practical assistance and opportunities to build stability and community connection.

Email: aberdeen@cyrenians.scot

Tel: 01224 597177



Royal British Legion Scotland provides advice, welfare support and social connection for veterans and their families across Scotland, helping individuals access practical and emotional support.

Email: advice@legionscotland.org.uk

Tel: 0131 550 1560