

# Peer Mentoring & Befriending Project

**"If you care for someone with dementia it may be that you are experiencing feelings of isolation and could do with someone to talk to"**



**Manchester Carers Forum have a group of volunteers who have direct experience and understanding regarding caring for someone with dementia.**

**A volunteer can keep in regular contact with you by telephone and by visiting you at home, giving you opportunities to talk about the issues that matter to you.**

**For More Information Contact Jackie at Manchester Carers Forum on 0161 819 2226 or 07813091797**