



# #30 DAYS of Friendship

Cyril Flint Befrienders are launching a #30DaysofFriendship campaign in the run up to Christmas to raise awareness about the value of friendship, during the festive period and all year round!

Christmas can be a lovely time for many, with lots of social get together's and family celebrations, however this is not the case for everyone; Many older people can find themselves isolated and lonely, this can be because of personal circumstances, poor weather leaving them uneasy about leaving their homes or because they have outlived their friends and have found themselves feeling very alone. Our charity was formed back in 2012 after a gentleman named Cyril revealed he was about to spend his 23rd Christmas alone since the passing of his wife. We're working to make sure everyone has a friend, at Christmas and all year round and want to encourage as many people as possible to think about how important their friendship can be to someone.

The campaign is launching on 13th November, World Kindness Day and will be concluding with our annual Christmas party on 12th December 2017. We'll be holding various events throughout the 30 days and are urging local people to get involved and help us to combat loneliness and isolation.

### Ways to get involved:

**Fundraise\*\*\*Attend our events\*\*\*Donate a raffle prize\*\*\*Volunteer your time\*\*\*Call or visit your elderly neighbours and relatives\*\*\*Post about what you're doing, use hashtag #30DaysofFriendship and help raise awareness and get more people taking part!**

**Let's spread friendship this festive season!**

**Cyril**  
**Flint**  
BEFRIENDERS  
www.cyrilflint.org

For further details call us on:

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*Making a positive difference to someone's life*

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