

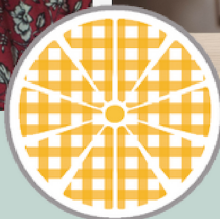
# Marmalade Companions

Join our free telephone service to find new, local connections!

**Marmalade Trust** is an award-winning Bristol charity dedicated to raising awareness of loneliness and empowering people to make connections.

Our Marmalade Companions project is a time-limited 1:1 project operating from February until July across Bristol, North Somerset and South Glos. Friendly volunteers will make a weekly call to those involved to discuss their interests and needs. These conversations will lead to signposting to local social activities and community support, to improve social connections. The project enables people to make meaningful, long-lasting connections that bring them joy far beyond the program. For referrals, self-referrals or to become a trained volunteer, visit our website.

**Visit: [marmaladetrust.org/marmalade-companions](https://marmaladetrust.org/marmalade-companions)  
Email: [info@marmaladetrust.org](mailto:info@marmaladetrust.org) | Call: 07566244788**



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