**Praxis Care**, the Charity promoting mental health, urgently needs male and female volunteers in your local and surrounding areas to visit those lonely and isolated due to mental ill health.  
If you feel you could be a friend to someone and give a commitment of approximately 2 hours per week please contact:  
 **Jo   
14 Sandy Grove,   
Magherafelt,   
BT45 6PU**   
**email** [info.magherafelt@praxiscare.org.uk](mailto:info.magherafelt@praxiscare.org.uk)  for more information or phone 7963 4488 during office hours.  
You will be given training and travel expenses will be reimbursed.  
Your friendship could make all the difference.