

Sutton Befrienders



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When you're old, you feel like you've been forgotten. Having them come back again and again meant I knew someone cared. It is not an exaggeration to say that Sutton Befrienders were a much-needed lifeline at an extremely depressing and emotionally traumatic time.

Sutton Befrienders Beneficiary

9072

Hours of
one to one contact

96

Adults receiving
weekly visits

121

Volunteers

100%

Feel
less isolated

86%

Feel more
socially connected

Sutton Befrienders supports some of the most isolated and vulnerable adults in the London Borough of Sutton, including people who are frail, living with complex health needs, bedbound and those with very limited or no informal support networks. Trained volunteer befrienders provide consistent, compassionate one-to-one contact through regular weekly home visits. This vital connection helps reduce loneliness, restore confidence, supports overcoming challenges and safeguarding concerns to create moments of joy and dignity in everyday life. The service not only improves emotional wellbeing and resilience for individuals who might otherwise be completely alone, but also builds meaningful, lasting relationships that strengthen community connection.

