



Supporting us financially

We are an independent charity and receive funding from trusts, companies, generous individuals, the Big Lottery Fund and the London Borough of Tower Hamlets. We are very grateful to all those who support us through grants and donations. Without this support our work would not be possible.

If you would like to support us financially, you can make a donation:

- **By cheque** – made payable to:
Tower Hamlets Friends & Neighbours
and sent to us at
St Margaret's House,
21 Old Ford Road,
London E2 9PL
- **Online** –using BT MyDonate.
Visit our website www.thfn.org.uk

Gift Aid

If you are a UK taxpayer, we can reclaim tax on your donation, which increases its value – at no extra cost to you, provided you fill in a Gift Aid Form which we can supply. If you are giving online please use the form given on the MyDonate site.

visit www.thfn.org.uk



Tower Hamlets Friends & Neighbours
St Margaret's House
21 Old Ford Road
London
E2 9PL

020 8983 7979

Project Co-ordinator:
project@thfn.org.uk

Volunteer Co-ordinator:
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www.thfn.org.uk

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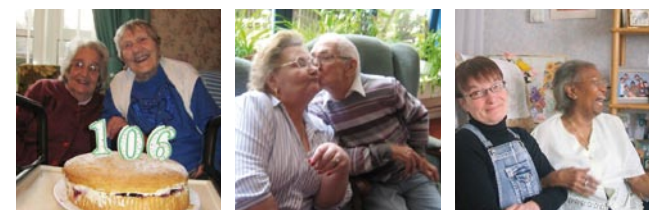


improving lives
THFN
through befriending services



“It makes a big difference
to talk to somebody”

“I feel that I'm not alone”



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www.thfn.org.uk



About THFN

Tower Hamlets Friends & Neighbours is an independent charity with over 60 years' experience of working in Tower Hamlets. We have an experienced, trained and reliable team of befriending workers and volunteers, all fully CRB checked. As well as English, we have befrienders who speak Sylheti, Bengali, Hindi and Somali.

Through our befriending services, we help isolated and lonely people, particularly older people, from any ethnic background, living in the local area. We particularly support those who are housebound or frail with mobility problems. Every year we support over 400 isolated and vulnerable older people, including people with dementia.

All the befriending services which are provided by our team are FREE to the people who use them.

(A small charge is made for group outings towards the cost of minibus and driver.)

Find out more about us on our website www.thfn.org.uk

What we do

We can arrange for a befriending worker or volunteer to visit someone at home on a regular basis. These visits give social contact, companionship and help with practical tasks. We also offer extra phone support, particularly at times of crisis.

Additionally we provide:

- Information about services and organisations offering further support, eg benefits, financial and housing issues
- Support with accessing health and care services, eg help with correspondence, phone calls, escorting people to appointments
- Advocacy and enabling self-advocacy, eg helping people to understand problems that arise and how to deal with them, helping with complaints
- Choice and involvement with our services and a voice on wider issues and services, including through our Housebound Older People's Reference Group
- Escorted group and one-to-one outings and events
- Activities in the home, eg reflexology, seated exercise, crafts, reminiscence

We do not offer respite care, personal care or specialised legal, financial or other advice.

If you would like to receive our service or know someone who would, please contact our Project Co-ordinator for a referral form on 020 8983 7979.



Can you help?

As a volunteer

We value our volunteer befrienders as essential members of the team. They enable us to provide a huge amount of additional support through befriending visits, escorting people to appointments and on outings.

Anyone over the age of 18 who lives locally and speaks English to a reasonable standard can apply. We need a range of volunteers that reflect the ethnic make-up of the borough. They need to be able to offer an average of 1-2 hours of their time each week, and are required to have a CRB check.

We offer induction training, supervision and support to our volunteers. They get the opportunity to attend certificated training sessions on key topics affecting older people.

If you would like to be a volunteer befriender, please contact the Volunteer Co-ordinator on 020 8983 7979.

