



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

Volunteer Co-ordinator:
vol-org@thfn.org.uk

www.thfn.org.uk

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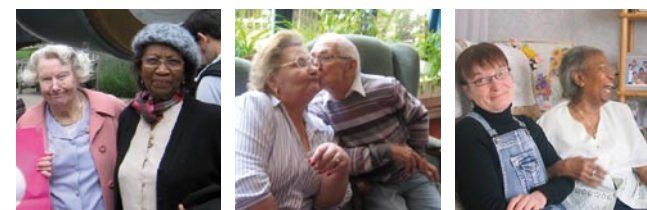


improving lives
THFN
through befriending services



“Makes me feel someone cares.”

“Friendly contact – it helps keep loneliness at bay.”



Can you help?

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. As well as English, we have befrienders who speak Sylheti, Bengali, Hindi and Somali. All members of our team are fully CRB checked.

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 which make it difficult for them to get out and about. Every year we support over 400 isolated and vulnerable older people.

“Talking and friendship is the main thing. Otherwise I only see the walls. When you come I can connect with all around the world.”

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

Who can be a volunteer befriender?

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. You would need to be able to offer an average of 1-2 hours of your time each week and are required to have a CRB check.

A THFN volunteer says:

“I give my time but I get back so much”

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.

You may be visiting someone in their home on a regular basis – offering companionship, helping with practical tasks, support with correspondence or phone calls, or you may be escorting someone to their GP or hospital appointment, or enabling clients to go for a walk or on a trip to the seaside.

Our volunteers have won two awards for the support they have given:

- Counsel and Care Volunteer Befriending and Support Service Award 2006
- Local Hero Award in the Bank of America Charitable Foundation's Neighbourhood Excellence Initiative 2009



What we can offer

We offer induction training, supervision and support to our volunteers. You would get the opportunity to attend certificated training sessions on key topics affecting older people such as memory loss and how to support people with hearing or visual impairment.

References can be given after a minimum of six months regular volunteering.

Out-of-pocket expenses are reimbursed as applicable.

By volunteering you can :

- Help to improve the lives of others
- Meet new people
- Gain practical experience in social care
- Develop your skills and abilities

If you would like to be a volunteer befriender, please contact the Volunteer Co-ordinator for an application form, on 020 8983 7979 or at vol-org@thfn.org.uk

