



VOLUNTEER ROLE DESCRIPTION

Get-Together Host

Tower Hamlets Friends & Neighbours

Reports to: Designated THFN coordinator

Time commitment: Around 4 hours, once a month

Minimum commitment: 6 months

Location: St Margaret's House, 21 Old Ford Road, London E2 9PL

Expenses: All travel and out-of-pocket expenses paid

Training: Full training and ongoing support provided

Check required: Enhanced DBS check (we organise and pay)

About us

Tower Hamlets Friends & Neighbours (THFN) has been befriending older residents across the borough since 1947. We turn up — in person, on the phone, at appointments, on outings. For people who would otherwise spend the week without seeing anyone, we are sometimes the only knock on the door.

We do small things, week in and week out. A regular visit. A standing phone call. A trip to the GP that wouldn't happen alone. A monthly social where 25 to 40 older neighbours come together for tea, food and conversation.

We do what we say we will do. When we cannot help, we say so honestly rather than promise what we cannot deliver. We work alongside the people we visit, not on top of them.

We particularly need volunteers who speak Bengali, Sylheti, Somali or Cantonese. Older neighbours are waiting for a befriender in their first language.

About the role

Once a month, 25 to 40 older neighbours come together at St Margaret's House for tea, food, music, conversation and games. For many of them, it is the only time in the month they are in a room of other people.

It runs because volunteers turn up.

As a Get-Together Host, you help us make the social run smoothly. That means welcoming people at the door, helping with tea and refreshments, sitting and chatting with anyone who has come alone, supporting people to move between activities, and helping clear down at the end.

It is the most visible volunteering we do — you see, directly, the difference made by the room being full and warm. We are recruiting two to three new Get-Together Hosts to add to our existing rota.

What you'll do

- Arrive 11am for set-up — chairs, tables, food, name badges, signage
- Welcome people at the door from 12 noon — many are nervous, some are coming for the first time
- Help serve tea, coffee and lunch
- Sit with people who have come alone or seem on the edge of things
- Support people to move between activities (music, games, conversation tables)
- Help clear down from 2pm until around 3pm
- Flag any concerns to our coordinator afterwards

What we ask of you

- Warm, welcoming, comfortable in a busy social setting
- Willing to introduce yourself to people you have not met, sit with someone who is alone, or help a quieter person feel included
- Comfortable with the physical work of an event — moving chairs, pouring tea, carrying trays
- Punctual and reliable for the days you commit to
- A 6-month minimum commitment (around 6 Get-Togethers)

What you get from us

- A direct, immediate sense of impact — you see how the Get-Together lands
- Free training in safeguarding, accessible event hosting, dementia awareness
- Connection with a friendly volunteer team and our regular older community
- Lunch and travel expenses paid
- A reference after six months
- The rota at least 3 months in advance so you can plan around it

How to apply

Apply online at thfn.org.uk/volunteer-form. It takes about 10 minutes.

If you'd like to talk to someone first, or you'd rather apply by phone or email, contact us on 020 3007 9120 or admin@thfn.org.uk. We're happy to send the form by post or read it through with you over the phone.

After we receive your application we'll be in touch within a week to arrange an informal chat. From there it's a DBS check, a short training session, and a match with the older neighbour you'll be visiting or calling.