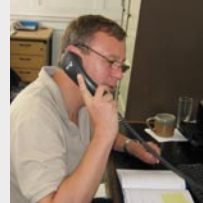




## Contact us



## Who we help

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.



“It’s good to get out and meet others.”

If you would like to have home visits from us, please call us on 020 8983 7979 or write to us at the address below and we will send you a referral form. You can ask someone else to call or write on your behalf. This form should be completed by you or by someone else with your consent, and returned to us. When we receive the form we will contact you to arrange an initial meeting at your home to see how we can help.

If you would like to know more about us please call.

Project Co-ordinator  
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**

**www.thfn.org.uk**

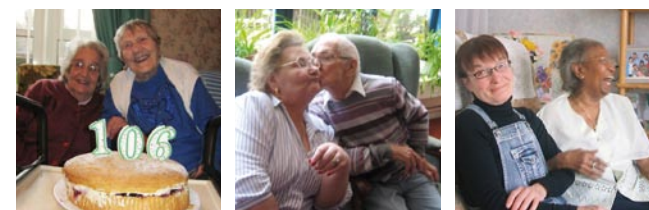
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Registered in London.



improving lives  
**THFN**  
through befriending services



“Talking and friendship is the main thing... when you come I connect with all around the world.”



# Can we help?

[www.thfn.org.uk](http://www.thfn.org.uk)

visit [www.thfn.org.uk](http://www.thfn.org.uk)

DL\_SERVICEUSERS\_06.2011 Design: www.mammalcreate.co.uk



“If I need any help I know that I will get it from THFN.”

## 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.

“I enjoy the company, the friendship.”



Find out more about us on our website [www.thfn.org.uk](http://www.thfn.org.uk)

## What we do

**We can arrange for a befriending worker or volunteer to visit you at home on a regular basis (day and time agreed with you). These visits give social contact, companionship, and help with practical tasks.**

“It makes a big difference to talk to somebody, someone to talk about your problems.”

**We also offer extra phone support, particularly at times of crisis.**

Additionally we provide:

- Information about other services and organisations which can offer further support for you, eg on financial and housing issues, benefits, leisure opportunities
- Support with accessing health and care services, eg dealing with correspondence, making phone calls, escorting you to appointments
- Support with problems that arise, eg helping you to understand the issues and how to deal with them, helping with complaints

- Choice and involvement with our services and a voice on wider issues and services in the local area
- Escorted group and one-to-one outings and events to a range of different venues, eg shops, parks, museums, the seaside, social events
- Activities in the home, eg reflexology/ foot massage, seated exercise, crafts, reminiscence

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

**All the befriending services which are provided by our staff team and volunteers are FREE to the people who use them. We do make a small charge for group outings towards the cost of the driver and minibus.**

Our escorted group and one-to-one outings are only available to people receiving our befriending service.

