

“I used the ball and it helped my fingers and I found it very helpful”



Other ways we can help your health :

We can provide some sessions of reflexology or seated exercise in your home.

“Reflexology – makes me feel light and better”



We can help you with health appointments, including making the appointments, escorting you to appointments, supporting you while you are there, and helping with any follow-ups, eg collecting prescriptions.

And if you feel that you would like to have your voice heard more widely about issues that affect you – your health, support services, care, etc – then we can help you express your views so that they are heard by those who provide those services.

visit www.thfn.org.uk

Contact us



If you would like to find out more about how we could help, please call us on 020 8983 7979 or write to us at the address below, or ask someone else to call or write on your behalf.



Tower Hamlets Friends & Neighbours
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www.thfn.org.uk

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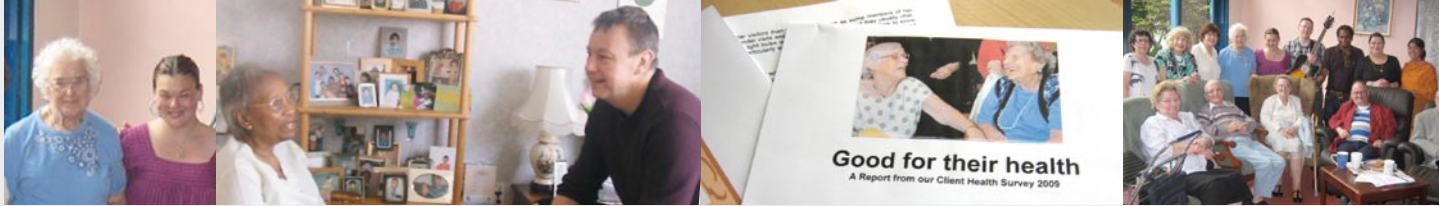
improving lives
THFN
through befriending services



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Can we help?
Befriending and health

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 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. We have an experienced, trained and reliable team of befriending workers and volunteers. As well as English, we have befrienders who can speak Sylheti, Bengali, Hindi and Somali. All members of our team are fully CRB checked.

Ours is a preventive service, complementing other local services, both statutory and voluntary, finding ways to help older people to remain active, independent and healthy, including tackling depression – the most common mental health problem among older people.

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

Isolation and loneliness can lead to poor health, including depression. Having the chance to spend time with someone else, to have someone to talk to, to help you get out and about, can reduce the loneliness.

“It was getting out of the house, being somewhere different and in the open. When things are a bit brighter, the light in my eyes is a bit brighter.”

We can arrange for a befriender to visit you at home on a regular basis and we provide escorted one-to-one outings, events and home activities.

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

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

Worry about problems that you need help with, and lack of the support you need can lead to health problems.

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

We can help you sort out the problems and get the support you need. If you need health or social care or have problems with money or housing but don't know how to get it or who to go to, or if you need help with phone calls, correspondence or forms, we can help.

