

The **g** Greenwood **C** Centre

Hampton & Hampton Hill Voluntary Care Group

Companionship or a helping hand for those in need



**The Neighbourhood Care
and Befriending Project**



School Road, Hampton Hill TW12 1QL

Telephone: 020 8979 9662

Email: vcg@greenwoodcentre.co.uk

Website: www.greenwoodcentre.co.uk

THE LOCAL CHARITY ... FOR LOCAL PEOPLE

A Friend in Need

Almost everybody enjoys and needs the company of other people. But not everybody has someone that they can talk to and share experiences with.



Perhaps friends and family have moved away or disability, bereavement or poor health have made it hard to get out and about.

What is missing is one-to-one human companionship - someone to talk to, to offer support and to share problems with.

VCG Neighbourhood Care

The Hampton and Hampton Hill Voluntary Care Group (VCG) has been caring for those in need in the Hamptons for over 35 years.

Volunteers from our Neighbourhood Care Project help fill this gap by visiting people who are socially isolated and undertaking small errands and light gardening.

And now – support for parents

Recently we have expanded our role and now provide support to parents with children aged between 5 and 13 who are having difficulty coping with the demands of running a home and raising a family.



Tessa Trapmore

Tessa Trapmore, our Befriending Co-ordinator says, *“We run a three day workshop to equip our volunteer befrienders with the skills they’ll need and explain precisely what is expected of them.”*

Tessa will visit each client who wishes to be befriended and match a befriender to them. The befriender then makes regular visits, usually to the client’s home.

Maybe they’ll simply chat over common interests - anything from the latest news or how much life has changed over the past few decades!

Perhaps the befriender can help with a particular problem - such as helping their befriender to regain the confidence to go out after a fall or a bad experience.



Every befriender relationship is different - that is why Tessa goes to great lengths to make sure that every client has a befriender that they get on well with.

The Neighbourhood Care Project has been awarded the charter mark of Approved Provider by the Mentoring and Befriending Foundation, an added assurance of integrity and security.

Who are the Befrienders?

All the befrienders are volunteers. They *choose* to spend their time with clients rather than being paid to. But that is all that they have in common - some are still working, some are looking after young children, some are retired. But they have all received training and you will find them easy to talk to and fun to be with.

Would you like us to find someone to befriend you?

If you or someone you know would like to find out more about meeting a befriender, simply call us:

Telephone: 020 8979 9662

What we do - and the volunteers we need to help us

Neighbourhood Care & Befriending Project

Our service: we provide companionship for those in need of support and assistance with small errands and light gardening.

Volunteers wanted: befrienders, shoppers and general helpers. **Contact Tessa on 020 8979 9662.**

Hampton Enterprise Transport Project

Our service: we provide transport, outings and excursions for groups by accessible minibus and arrange for individuals to receive lifts in cars driven by volunteer drivers.

Volunteers wanted: car drivers, minibus drivers (free training provided) and escorts for outings. **Contact Frances on 020 8979 9662.**

Greenwood Post

Our service: We publish a quarterly newsletter carrying articles of local interest and advertisements from local traders and services.

If you run a business, service or activity, call Linda (see below) to advertise to our 20,000+ readers.

Volunteers wanted: to deliver the newsletter to houses in the TW12 area.

Contact Linda on 020 8979 9662.

Editorial contributions to James on 020 8979 9662.
james@greenwoodcentre.co.uk

In the Office

Volunteers wanted: for reception and admin.

Contact Fiona on 020 8979 9662.

Greenwood Centre Room Hire

Our service: Very affordable hall and room hire for classes, meetings, counselling and performances.

Contact Paul on 020 8979 9662.

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Your donation can help to keep us at the heart of the community

As we receive limited Council funding, we need to raise funds ourselves through hall hire, special events, bequests, legacies and donations.

The Greenwood Centre and Hampton & Hampton Hill Voluntary Care Group benefit the whole community - your community. So we are asking for your support in maintaining the services of the Care Group and keeping the Greenwood Centre open for everyone, every day.

If you would like to become a Community Supporter by making a regular monthly donation, please contact Fiona Brennan for a Standing Order Form. She can also supply you with information on bequests and legacies.

If you would like to make a donation, please complete the coupon below and return it to The Greenwood Centre.

I enclose a cheque for £ made out to
The Greenwood Centre.

Name

Address

..... Post Code



Boost your donation! If you are a UK taxpayer we can reclaim 25% Gift Aid Tax Relief on your donation provided that the amount of income or capital gains tax you pay is greater than the amount we reclaim. If this is the case, please tick the box to confirm you are donating under the Gift Aid scheme.