

CONTACT US

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"TOGETHER WE WILL BREAK ALL THE BARRIERS YOU FACE

TOGETHER WE WILL EMPOWER EACH OTHER"

CHARLES
HAYWARD
FOUNDATION



BEFRIENDING SERVICE

FEELING LONELY?

NO-ONE TO TALK TO?



Are you Over 65?

DO YOU WANT TO MAKE NEW FRIENDS?

If you are experiencing loneliness and find it hard to get out, Henna's Befriending Service maybe for you.

Registered charity no: 1105607

Registered company no: 5200902

Company registered in England and Wales, the registered office of Henna Asian Women's Group is as above.

ABOUT US

Henna Asian Women's Group provides a Befriending service that is open to all South Asian Women over 65 years of age living in North West London Boroughs. This service is provided in many South Asian languages.

Henna Asian Women's Group provides this service to all that are in need for extra help to improve their social circle. We will reach out to the most vulnerable individuals that live in NW Borough of London.

The Befriending Service provides a volunteer who will visit on a weekly basis at home, and/or accompany clients to community activities, go for a stroll in the park, or share stories over a cup of tea.

The Befriending Service does not provide any help in cleaning, shopping, personal care or exchange of money for favours.

WHAT DO WE DO?

Discuss with us what activities you might want to do with your befriender. It could be:

- Going for a coffee
- Walking
- Attending a community centre to take part in social activity
- Museum
- Or other activity you may have an interest in.

WHO CAN JOIN?

To be able to join the scheme you need to:

- Be living in any North West London Borough
- Experiencing isolation
- Feeling lonely and finding it hard to socialise

