

CONTACT US

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*"TOGETHER WE WILL BREAK ALL THE BARRIERS YOU
FACE*

TOGETHER WE WILL EMPOWER EACH OTHER"



LOTTERY FUNDED



BEFRIENDING SERVICE

FEELING LONELY?

NO-ONE TO TALK TO?



DO YOU WANT TO MAKE NEW FRIENDS?

If you are experiencing loneliness and
find it hard to get out, Henna's Volunteer
Befriending Scheme may be 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.

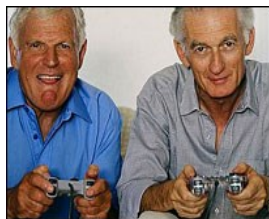
ABOUT US

Henna Asian Women's Group is introducing a new Befriending service that is open to all. We have currently provided the Befriending service to Camden-only female residents for the last three years. This service was provided in many South Asian languages.

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

Henna Volunteers will come out to you on a weekly basis to establish a friendship with you. They will take part in improving your networks alongside this you can enjoy community activities that are on-going within your local community with your volunteer.

Our aim for running this project is to build confidence, reduce isolation and improve health of any individual. Our goal is to act as a bridge between isolated individuals and the services offered by Henna and of statutory and voluntary sector agencies.

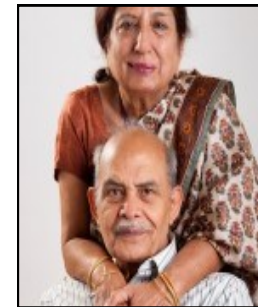


WHAT DO WE DO?

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 London Borough
- Experiencing isolation
- Feeling lonely and finding it hard to socialise