

goodfriends

communities • neighbours • people



supporting people in your community

available across hambleton & richmondshire

Good Friends is about creating a network of informal volunteers who share their time to help local people in need

Loneliness is an increasing problem in society today, particularly for older and vulnerable people.

Half a million people across the UK regularly go up to 5 days without seeing anyone, and 60% of people in North Yorkshire are considered to be at a medium to high risk of loneliness.

We're encouraging local people to commit a small amount of time each week to help someone near them in need. We're all about building back a sense of community in an increasingly isolated world.

46%
of older people
across the region
live alone



Good Friends is available in a number of areas, including:

- ✓ **Hambleton** Including Northallerton, Bedale, Thirsk, Great Ayton, Stokesley and Easingwold.
- ✓ **Richmondshire** Including Richmond, Catterick, Leyburn, Colburn, Hawes, Reeth and villages nearby.





How Good Friends works

We match people in need of a little extra support to a Good Friends volunteer based on factors such as their needs and interests who can help with the issues they may be facing.

We'll always try to match based on location, ensuring the person who's being supported feels they have someone nearby.

The ways Good Friends can help include:

- ✓ Popping round for a cup of tea and a chat
- ✓ Going along to an activity in the community
- ✓ Assisting with light household tasks
- ✓ Putting someone in touch with nearby services
- ✓ Help with walking the dog if they're unable to
- ✓ Keeping in touch to check someone is okay

Services to help people stay independent and well

Good Friends Matching

Sometimes we all need some extra support, whether it's light tasks around the home you've started finding more difficult, or even just somebody to talk to.

Our service offers the following:

- ✓ Matches an individual with someone nearby, based on their interest and needs
- ✓ Makes initial introductions where needed to ensure both the recipient and volunteer is happy
- ✓ Keeps in touch for updates on how both parties are getting on and what else we might be able to help with
- ✓ Provides additional support where needed in other areas such as those on the next page



Information & Advice

We provide impartial, independent and confidential one to one Information and Advice Service providing essential advice over the phone, in the home and through our centres.

We can provide assistance with:

- | | |
|--|---|
| ✓ General Benefit Checks | ✓ Attendance Allowance |
| ✓ Welfare & Consumer Rights | ✓ Switching to Personal Independence Plans |
| ✓ Support to stay safe and well in winter | ✓ Housing, Care and many more general issues |

Signposting & Referrals

We work with individuals to help them find and access the services they need most.

Drawing on over 60 years of combined experience supporting older and vulnerable people, we'll help individuals through signposting and trained volunteers to find the support that's right for them.

Activities in your Area

Access to community activities can be essential to staying independent and healthy.

We help individuals find activities they'd like to participate in, and provide the support needed to access them. We also work to facilitate new community based groups and activities based on what people would like to take part in.

Good Friends Volunteering

We're on a mission to ensure everyone gets the support they need, and it all starts with you.

The level of support you wish to commit is entirely your choice - as little as half an hour per week can make a big difference in the life of an older or vulnerable person.

Our team will work with you to match you with people in your area based on your interests and abilities. They also offer support and advice so you'll never feel you're dealing with situations alone.

Here are some great reasons to get involved:

- ✓ **Directly support people in your community, making an invaluable contribution**
- ✓ **Meet new people and socialise with likeminded individuals**
- ✓ **Learn new skills, improve your CV and undertake training**
- ✓ **Feel valued and be part of an award-winning team**



If you're interested in getting involved as a Good Friend

By now, we hope you can see how Good Friends offers a fantastic way to put back into your community and support someone nearby in need of help.

If you'd like to get involved, you can follow the simple process below:



Register as a Good Friend

Take your first step to becoming a Good Friend by signing up online at goodfriends.org.uk or request a form by calling us on 0300 30 20 100

We'll process your application

A member of the team will be in touch when your application has been processed



We'll connect you with someone in need of support

We'll find you someone to visit nearby based on your interests and make an introduction, as well as keeping in touch to check you're both happy



We'll keep you up to date

We'll share updates of events, activities and other Good Friends opportunities near you



Get in touch

To get in touch, please contact your nearest Age UK where the team will be happy to help:

Hambleton

Including Northallerton, Bedale, Thirsk and other areas

Tel: 01609 771624

E-mail: hambleton@goodfriends.org.uk

Address: 1 Zetland Street, Northallerton, DL6 1NB

Richmondshire

Including Richmond, Catterick, Leyburn and other areas

Tel: 0300 30 20 100

E-mail: richmondshire@goodfriends.org.uk

Address: Bradbury House, Beaumont St. West, Darlington, DL1 5SX

Learn more at goodfriends.org.uk

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