

## A new friend

Our main service is our befriending service. If you are unable to get out and about as you used to and feel lonely or isolated, you could receive your own volunteer befriender. They would be personally matched to you and visit you at home on a regular basis.

## What happens next?

If you are interested in receiving any of our services, or attending one of our social or exercise groups, please contact us for more information and we will be happy to assist you.

## Making a difference

If you would like to offer your time as a volunteer, we have many different roles available. To request an application pack, please get in touch.



## Ways to contact us



### Call

01472 602500



### Email

admin@friendshipathome.org.uk



### Write

Friendship at Home  
6-7 Aspen Court  
Cleethorpes  
DN35 0SJ



### Website

www.friendshipathome.org.uk



### Facebook

friendshipathome



### Instagram

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# Friendship at Home



## Donate now

Friendship at Home  
Registered Charity Number: 1160062



## Who we are

We are a volunteer-based charity providing friendship and support to people over 60 across North East Lincolnshire, who may be feeling lonely, socially isolated or need help and advice. Through the support of our services, we help people to feel valued and cared for, regain confidence and independence and promote social inclusion within the community.



Updated February 2025

## Our Services

There are many different services and activities available and it's a great way to meet new friends and become involved with your community. Our helpful, friendly staff can help you decide which service may be right for you.

### One-to-One Befriending

A regular home visit from a volunteer for those unable to get out and about.

### Telephone Befriending

A regular telephone call from a volunteer for a friendly chat.

### NEW Pawsitive Friendship Dogs

A regular home visit from a volunteer and their furry friend. (All dogs are assessed by a professional).

### Hospital Discharge Support

Providing support to return home from hospital and settling back in, which may include:

- Transport home from Hospital
- Free meal delivery service
- Free Telecare system
- Free Keysafe
- Immediate shopping support
- Wellbeing check
- Signposting to services

### Get Up, Get Dressed, Get Moving

Helping patients at Diana, Princess of Wales Hospital to aid their recovery by assisting with gentle exercises and providing social & mental stimulation.

## Wellbeing Checks

If you are feeling worried or need help and advice, we can provide a full wellbeing check to identify your needs and sign post to the correct services.

We cover a variety of topics such as :

- Feeling lonely, isolated, bereaved
- Getting out & about, making friends
- Finding new interests
- Managing your money
- Benefit checks
- Caring for someone
- Managing your Health & Wellbeing
- Plus much more

## Social Clubs

A variety of different social clubs, including ones that are tailored specifically for those with memory concerns/low mood.

## Exercise Clubs

A variety of different exercise clubs including chair based exercises (also available via zoom), shibashi and indoor kurling.

## IT Support / Tablet Loan

For those who need support to get online & using technology.

## Special Events

Parties, fundraising events and more.

## Day/Overnight Trips

Join us on fun day trips to a variety of different locations.

## Information

Helpful advice and signposting to other services.