

Your local independent charity  
supporting older people in  
Camden since 1965



# Telefriends



**Bringing company and conversation to older  
people, over the phone.**

## What is Telefriends?

Telefriends brings company and conversation to older people over the phone.

- Telefriends volunteers phone for a weekly chat, for about 30 minutes at an agreed time that suits you both.
- This is a friendly and supportive opportunity to talk about what interests you
- Our volunteers are able to signpost any issues or concerns for appropriate support.

## Who can access the service?

Telefriends is for Camden residents over 55 who feel they would like some company and conversation.

We recognise that this feeling comes in many different ways for people and we try our best to make sure that Telefriends is for someone who will benefit from a regular telephone conversation. We offer the service to people who feel able to make a weekly commitment and enjoy a good chat.



## Who are our volunteers?

The service has a diverse team of volunteers who vary in age, gender and background.

Telefriends matches are based on personality and common ground between volunteer and client.

Volunteers take part in the service for a variety of reasons which include: enthusiasm to engage with socially isolated individuals; an interest in listening and learning first-hand from the vast experiences of older people who have lived

colourful lives; a desire to put something back into the community.

Telefriends Volunteers have been chosen, trained and are supported in their role by the Telefriends team. All Age UK Camden staff and volunteers are subject to a DBS Check.

If you are interested in volunteering with Telefriends, please contact the Volunteer Manager via our website: [www.ageuk.org.uk/camden/get-involved/](http://www.ageuk.org.uk/camden/get-involved/)

**If you or someone you know could benefit from Telefriends then please contact us on: 020 7443 9241**



**Age UK Camden offers a range of services to support, inform, advise and inspire older people resident in the borough. Our services include:**

- Care Navigator and Social Prescribing (working with GPs to support people with multiple health needs)
- Digital Inclusion – drop in sessions and gadget clinics
- Counselling and therapeutic services
- Dementia Services
- Good Neighbour Schemes
- Information and Advice
- Internet Shopping Service
- Health & Positive Living Hubs
- My Living Will
- Visiting & Befriending
- Volunteering opportunities



## **Can you help Age UK Camden?**

As an independent charity responsible for raising our own funds, we need financial support to help us continue our work with older people in Camden.

You can help us by:

- Making a one-off donation or regular donation
- Leaving us a gift in your will
- Organising or participating in a fundraising event.

Age UK Camden is committed to partnership working. We support other voluntary organisations to promote good practice and ensure that services meet the needs of older people.

### **Contact us**

To apply or if you would like more information, please contact us on:

- [telefriends@ageukcamden.org.uk](mailto:telefriends@ageukcamden.org.uk)
- [www.ageukcamden.org.uk](http://www.ageukcamden.org.uk)
- 020 7443 9241

