

**RUGBY
FORGET-ME-NOT FRIENDS
NEEDS YOU!**



Would you like to join our volunteer befriending team and make a difference?

If you enjoy the company of older people, are compassionate, a good listener, and you can spare a couple of hours each week, we would love to hear from you!

You will be fully supported in the role, and will receive training in dementia awareness and befriending skills before being paired and matched. Prior experience is beneficial, but not necessary.

CONTACT: *Alice Maher*
Rugby Forget-Me-Not Friends
☎ 01788 552 540
✉ RFF@ageukwarks.org.uk



Registered charity no. 1090007

Age UK Warwickshire has provided a highly successful, countywide Befriending scheme for older people since 2011. Age UK Warwickshire also offers a number of other services including Information & Advice, Home Support and Daycare services.

☎ 01788 552 542

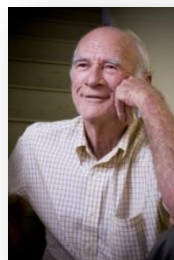
**Rugby
Dementia
Support**



Registered charity no. 1160535

Rugby Dementia Support was established in August 2010, and runs a range of popular social and support groups for people living with dementia, and training opportunities for carers and professionals.

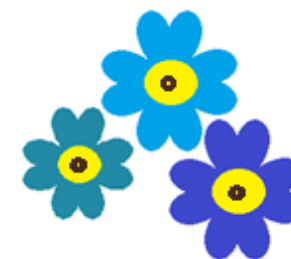
☎ 01788 576 854



**Rugby
Dementia
Support**



**Rugby
Forget-me-not
Friends**



**Social home visits for
couples living with
dementia**

AGE UK WARWICKSHIRE

&

**RUGBY DEMENTIA
SUPPORT**

have united to create



**RUGBY
FORGET-ME-NOT FRIENDS
BEFRIENDING**

A pair of trained befrienders can visit you at home, providing one-to-one attention for both you and your carer.

This may involve a simple chat over a cup of tea, or engaging in hobbies or reminiscence activities.

Matches are made through personalities and common interests.



All RFF Befrienders are trained, supported, and subject to background checks (including DBS).

There is no charge for this service, although donations are welcome.

**The RFF service is currently available to Rugby residents.*

HOW CAN WE HELP?

Social contact is important to everyone. Regular visits from a pair of trained volunteers can:

- **Provide companionship to a person living with a diagnosis of dementia, and their carer.**
- **Help to reduce feelings of isolation and loneliness.**
- **Support people to maintain interests and continue hobbies at home.**

We can also provide a Resource Directory to individuals and families, which details both local and national sources of information and support on how to live well with dementia, as well as interest, social and activity groups. Please contact the Befriending office to request a copy.

**WOULD RUGBY
FORGET-ME-NOT FRIENDS
BENEFIT YOU?**

We understand that living with the symptoms of dementia can sometimes be challenging.

While there may be a number of organisations available to provide practical support, social contact can be more difficult to arrange, especially that which benefits both the affected person and their carer.

Our Befriending service aims to initiate long-lasting, genuine friendships.



Criteria:

- You are an older person living with dementia.***
- You and your carer are feeling socially isolated.**
- You are unable to take part in social activities outside the home.**

For more information please contact RFF:

☎ 01788 552 540

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