

**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 US:
Rugby Forget-Me-Not Friends
☎ 01788 552 545
✉ 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 (for practical help at home) and a Handyman service.

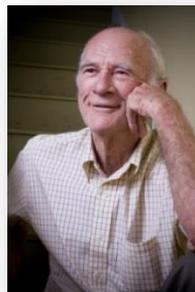
☎ 01788 552 542



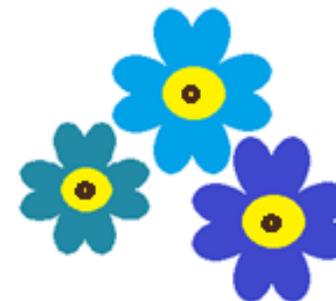
Registered charity no. 1160535

Rugby Dementia Support Group has been established for 4 years and runs a range of popular social and support groups for people living with dementia, and training opportunities for carers and professionals.

☎ 01788 551 416



Rugby Forget-Me-Not Friends



**Home visits for
couples living with
dementia**



AGE UK WARWICKSHIRE
and
RUGBY DEMENTIA SUPPORT
GROUP

have united to create
RUGBY FORGET-ME-NOT
FRIENDS
BEFRIENDING SERVICE



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.

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 dementia/memory problems, and their carer.
- Help to reduce feelings of isolation and loneliness.
- Support people to maintain interests and continue activities at home.
- Signpost clients to additional sources of support and information.



The RFF service is currently only available for Rugby residents.

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.**

If this sounds like you, please call us on 01788 552 545 or email us at RFF@ageukwarks.org.uk