

## CONTACT US

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*"TOGETHER WE WILL BREAK ALL THE BARRIERS YOU FACE*

*TOGETHER WE WILL EMPOWER EACH OTHER"*



Octavia Foundation



## BEFRIENDING SERVICE

FEELING LONELY?

NO-ONE TO TALK TO?



Open to all ages (18 - 75+)

DO YOU WANT TO MAKE NEW FRIENDS?

If you are experiencing loneliness and find it hard  
to get out, Henna's Volunteer Befriending  
Scheme may be for you.

Registered charity no: 1105607

Registered company no: 5200902

Company registered in England and Wales, the registered office of Henna Asian Women's  
Group is as above.



## ABOUT US

Henna Asian Women's Group is introducing a new Befriending service that is open to all Asian Women living in Westminster Borough. This service is provided in many South Asian languages. Henna Asian Women's Group is opening their Befriending service to all individuals that are in need for extra help to improve their social circle. We will reach out to the most vulnerable individuals that live in Westminster.

Henna Volunteers will go out to clients on a weekly basis to establish a friendship with them. They will take part in improving their networks alongside this clients can enjoy community activities that are on-going within their local community with their volunteer. Our aim for running this project is to build confidence, reduce isolation and improve health of any individual. Our goal is to act as a bridge between isolated individuals and the services offered by Henna and of statutory and voluntary sector agencies.

## WHAT DO WE DO?

Discuss with us what activities you might want to do with your befriender. It could be:

- Going for a coffee
- Walking
- Attending a community centre to take part in social activity
- Museum
- Or other activity you may have an interest in.

## WHO CAN JOIN?

To be able to join the scheme you need to:

- Be living in the borough of Westminster
- Experiencing isolation
- Feeling lonely and finding it hard to socialise

