

Kilburn Good Neighbours

Based at the Abbey Community Centre

Helping over 60s remain happy and independent in their own homes



- A befriending service matching members with local volunteers
- Practical support with jobs like gardening, DIY, window cleaning
 - Events, trips, advice and referrals to useful organisations
- A local safety net when you are unwell or may need extra help

What we offer

- **FREE** Service
- Regular visits and practical help
- DBS checked local volunteers
- Regular newsletters and support from staff

'It cheers me up to look out at my garden now it's all neat and tidy – thank you Kilburn Good Neighbours'

"My volunteer has become a great friend who I can turn to"

'It's a comfort to know that the Good Neighbour Scheme is there for me in times of need.'

Interested? Here's how to join...

- Call us for a chat on 020 7624 8378
- Or email Scheme Manager Gavin Harper at chaps@abbeycc-kilburn.org.uk to see if you're in our area.



Abbey Community Centre
222c Belsize Road, Kilburn, NW6 4DJ

Contact Gavin Harper on 020 7624 8378
or chaps@abbeycc-kilburn.org.uk
W: www.kilburngoodneighbours.org.uk
Charity no. 295191 Company no. 2028600

Want to volunteer?

Become a befriender with Kilburn Good Neighbours



'My volunteer has become like one of my family, we have become good friends and her visits are one of the highlights of my week!'

Brighten someone's day with just an hour of your time. Our Kilburn Good Neighbours volunteers help out over 60s in their homes – either by offering befriending, practical assistance with gardening or small DIY tasks, picking up a magazine and a pint of milk or just popping by for a cup of tea and a chat.

Gain valuable experience and make new friends in your community. As a volunteer, you will receive:

- An induction
- Support and supervision
- Respect and trust
- Recognition
- Your expenses paid for
- A reference (after 3 months)

Join our friendly volunteer team. We match you up with a visit to fit your availability, either during the week, after work or at weekends. You only need to give up an hour a week to make a real difference to someone's life.

What you do will depend on your interests and availability – some volunteers visit the same person on a regular basis and others prefer to be 'on call' as and when needed.

'My experience volunteering with Kilburn Good Neighbours was invaluable when I applied for a job as an outreach worker in the community.'



All our forms are available to download at kilburngoodneighbours.org.uk



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