

# What is the Friendship Alliance?

The Friendship Alliance is an initiative brought together by the **Link Visiting Scheme**, **Age UK Berkshire**, **Involve Community Services** and the **Wokingham Volunteer Centre** to tackle loneliness and improve the mental and physical wellbeing of residents in Wokingham Borough.

## The Friendship Café

Whilst the Friendship Alliance promotes the services of each organisation, we do run our own Friendship Café online! Our aim is to create a place where people can come together regularly for an informal chat and to make some friends.

We also encourage local places such as cafes to provide a Friendship Table where people can take a seat, feel free to chat and connect with others. Contact us for more information.



## Friendship Champions

We have started a network of volunteer Friendship Champions who actively encourage friendships, promote our services, develop community spirit, and may organise activities or host their own groups but mainly look out for others.

## Community Outreach

One goal of the Friendship Alliance is to bring communities together and support local networks to achieve this.



07464 834949

[jayne@linkvisiting.org](mailto:jayne@linkvisiting.org)

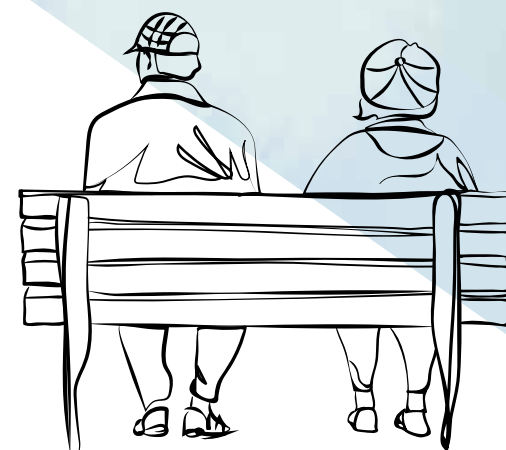
[f facebook.com/FriendshipAllianceWokingham](https://www.facebook.com/FriendshipAllianceWokingham)

[@FriendshipAllianceWokingham](https://www.instagram.com/FriendshipAllianceWokingham)

[@wokingham\\_fa](https://www.twitter.com/wokingham_fa)

# Friendship Alliance

PROMOTING FRIENDSHIP IN WOKINGHAM BOROUGH



## A guide to the Friendship Alliance

We have compiled information on each organisation that makes up the Friendship Alliance, as well as their main services.

Don't forget to check out each website for more information!



**The Link Visiting Scheme** is a charity who help older people who are lonely and in need of extra support.

### Friendship Service

The Link Visiting Scheme match older people with volunteers based on common interests and locality to ensure a positive connection. Volunteers will regularly visit or call.

### Activities and Events

The Link Visiting Scheme host various groups and events throughout the year, here are just a few:

**Pie & a Pint:** A friendly get together to enjoy a classic pub lunch.

**Community Kitchen Project:** A chance for all ages to cook together and eat together on a Sunday which for many is a lonely day.

**Friendship Groups:** Small Groups of volunteers and older people with the aim of socializing and having fun together.

**Understanding Computers:** A group to help older people to keep in touch with family and friends and gain confidence in their computer skills.

**0118 979 8019**  
**admin@linkvisiting.org**  
**www.linkvisiting.org**



**Involve Community Services** is a local charity supporting other local support charities, groups and community organisations.

### Community Navigation Scheme

Ever wondered where to find help, information or support? Are you interested in getting more involved in your local community? Community navigators help individuals gain access to local groups, activities and services that match their needs. By calling involve's main number Monday to Friday 9-5 Community Navigation helps people to get connected and get any help that may be needed.

### Cancer Support Network

The Cancer Support Network is for those who have cancer as well as their family members. There are meet-ups every month as well as information and advice and Cancer Champion volunteers offering on-going support where appropriate or required.

**01344 304404**

**www.involve.community**



**The Wokingham Volunteer Centre** works with community, voluntary and charitable groups across the borough, placing volunteers and providing support.

### The Transport Scheme

The transport scheme is a low cost, membership-based service designed to help those who cannot drive or use public transport to get to their medical appointments, social trips, exercise classes, and do their shopping. The volunteer driver will act as a companion and stay with the client during their visit.

**0118 978 2446**

### Green 'n Tidy Scheme

The gardening scheme is for elderly and disabled residents who cannot maintain their own properties and lack the financial means to employ commercial companies. It is run by a team of volunteers who will provide basic gardening, including lawn mowing, hedge trimming and weeding.

**0118 979 1340**

**gardening@wok-vol.org.uk**  
**wokinghamvolunteercentre.org.uk**



**Age UK Berkshire** help older people enjoy life. They provide advice, information, support, companionship and enjoyment.

### Information and Advice

Advisors provide information on social care, income, home and legal issues to people over 50, their family, friends and carers.

### Easy Shop

This is a great service for people who find it difficult to get to the shops. Age UK Berkshire will organise regular grocery deliveries to the client's home for a low cost.

### Handyperson

The handyperson can carry out a range of small household repairs and tasks around the home for a low cost.

### Home from Hospital

This is a short term service to help Wokingham residents return home from the hospital. Staff provide practical guidance, cleaning, help with further GP appointments and medication ordering.

These are only a few of the services provided by Age UK Berkshire. They also offer a multitude of different activities and groups including, chair yoga, walking football, Tai Chi, online classes, singing groups, and more.

**0118 959 4242**

**info@ageukberkshire.org.uk**  
**www.ageuk.org.uk/berkshire**

**We hope this has been useful!**

**Please don't hesitate to reach out to the Friendship Alliance for more information.**