

## **HOW DO YOU GET IN TOUCH?**

If you would like a visit or know someone who would, then please phone the co-ordinator of 'Friends in Deed', on 07810 006 598, who will be in touch with you to find out more about how we can help you and to work out who from the team will be able to support and help you best. Your visitor will then contact you to arrange a convenient time.

# Friends in Deed



**Here for the people of Buckden**

**07810 006598**

Supported by St Mary's, the Parish Church of Buckden  
and part of Care Network (Cambridgeshire)

## **WHO ARE WE?**

Friends In Deed is a group that has been set up by St Mary's, the Parish Church of Buckden, to visit and help anyone in the village who is in need, perhaps because they are unwell, housebound, feeling lonely or new to the village. We are able to offer anything from just a chance to chat over a cup of tea to offering help with the practicalities of coping when things are difficult.

## **IS THERE A CHARGE?**

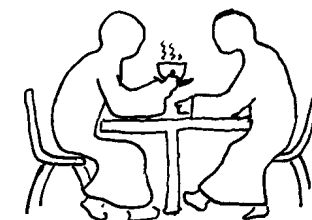
Only if you ask the visitor to use their car on your behalf. The County Council subsidises this.

## **PEACE OF MIND**

All our visitors have been security checked and they will always have an identity card with them. Please make sure you ask to see it to avoid any misunderstanding. Your visitor will respect your privacy and won't reveal personal information.

## **WHAT CAN WE DO?**

We will try and give you the help you need.



This might include:

- Calling in for a chat and a cup of tea
- Offering friendship, and support and encouragement through difficult times
- Providing opportunities for socialising at the tea parties
- Helping with practical needs such as occasional shopping, helping with paperwork, social outings
- Hospital transport – for appointments or for visiting relatives
- Suggesting where extra specific help might be found

A single visit may be all that is required, but it is possible for regular visits to be arranged for as long as it is helpful.

(leaflet updated September 2009)