

Spring 2023

Welcome

Hi lovely volunteers

I just wanted to say a big hello to you all, and to thank you for all your hard work on your befriending visits. It's not an easy role to do and you are fantastic. You are the beating hearts of Friends for Life and your friendship and compassion to all our residents is really appreciated.



Spring is in the air (with a few April showers thrown in!) and we all look forward to meeting in the gardens, strolling along the embankment in the sun and, let's not forget, eating ice creams on a sunny day.

Whoop whoop! Here we go headed into summer.

Happy Easter and I look forward to seeing you all soon.

Much love

Pauline x

Pauline Carter, Volunteer Lead



FRIENDS FOR LIFE NEWSLETTER

*Visit with our local MP
Mohammad Yasin*

Friends for Life met with Mohammad Yasin, MP for Bedford and Kempston, at Southway Residential Home on Tuesday 4th April.

We were joined by volunteers Gill and Jacky, who visit residents at the home, our Chair, Terri and trustee Helen, and FFL General Manager Jane.

Jakub, manager at Southway, showed us around the home and we talked about the value of our volunteers' visits to the home. We were also joined by Amanda, deputy manager.



Introducing Jane and Alice

As some of you will know Friends for Life has a new Manager, Jane Eimmermann. Jane runs our small staff team and will also be working with volunteers. She brings many years of experience from other charities such as The British Red Cross and Age UK.

Jane has 3 grown up children, and is kept busy by her young grandson. She is a keen gardener, amateur artist and plays the piano.



We are also delighted to have been joined by our new Outreach worker, Alice Jennings.

Alice has previously worked with young people, in local Childrens' Homes, as a Nanny and with children who were at risk or had been exploited. At FFL, she will be working with care home residents on projects such as Timeless Tales as well as reaching out to local schools and universities to provide opportunities for

intergenerational relationships and connections. Alice lives locally with her husband and 2 dogs. She loves travelling and interior design.

These posts have been generously funded by The Harpur Trust and House of Industry.

HAVE YOU EVER THOUGHT OF BECOMING A FRIENDS FOR LIFE TRUSTEE?

Trustees provide our charity with strategic direction and maintain a governance overview to check it is well run, and resources are used effectively.

We are particularly keen on having volunteer trustees and would welcome applications. More information can be found [here](#) or by contacting our Chair, Terri Harrington on terri@friendsforlife.org.uk

Our Impact



We will be sending out an online survey to all volunteers in April so please look out for this in your inboxes. This short survey will take 5-10 minutes to complete and provide us with vital information on what you do and how

we can improve our services, as well as helping us to apply for future funding.

The FFL Impact Tool is providing us with vital information about the number of volunteer visits and the value of those visits for residents. Please continue to use the tool to record your visits. If you need help with downloading or using the tool please do not hesitate to contact Alison (alison@friendsforlife.org.uk).

We are also going to collect case studies (stories) of your friendships, as these really capture the importance of what you do. If you would like to be involved with a case study about your friendship, please let Alison know.

The findings from the Impact Tool, the surveys and case studies will be compiled in a report, which we will share with volunteers in the Summer.

Thank you in advance for supporting us with this work. If you have any questions, please contact Jane (jane@friendsforlife.org.uk).

JOIN US FOR COFFEE

We hold regular coffee meet ups around Bedford and would love to see you at the next one.

10.30am, Friday 21st April 2023

Albero Lounge, Riverside Square, Bedford MK40 1AY



Follow us on Social Media

And finally, we would love you to follow our social media pages where you can keep up to date with what we are up to. Every time you like, share or comment one of our posts, it means more people see us - thank you!



We also have a new website address www.friendsforlife.org.uk