

Winter 2023/24



FRIENDS FOR LIFE NEWSLETTER

Welcome

Thank you for all the work that you do and all that you achieve. You are an amazing team! 😊 Our team is growing, and you are welcoming and friendly to the new volunteers joining us. Thank you.

This season's newsletter introduces you to some new trustees, tells you about what we were up to in December and updates you on our fundraising work, as well as giving tips on managing your visits with residents.

Let's celebrate our work to provide friendship to socially isolated residents.

Keep smiling and I look forward to seeing as many of you as possible at our next coffee on 8th February (10.30am at Albero Lounge).

Pauline x

Pauline Carter
Volunteer Lead

December Events

On 19th November we held our Annual General Meeting (AGM) and presented our Annual Report which gives a summary of our work in 2022-23. Staff, volunteers and trustees attended and the Lord Lieutenant of Bedfordshire, Susan Lousada, joined us as one of our new patrons.

Our Christmas Party on the 9th December, at the White Horse, was well attended and a great opportunity for us to meet with existing and new volunteers and trustees. Thanks to Mick for providing festive music and for Pauline for organising the venue and the catering.

FFL joined the Bedford Christmas Tree Festival this year between 6th-9th December. Volunteers contributed with their handprints which decorated the base of our tree. Many befriending volunteering leaflets were picked up by members of the public, helping to promote the work of the charity.

Pauline and Jane visited Sharnbrook Women's Institute on 7th November. We are grateful to have been selected as their chosen charity for the next 2 years.



Fundraising Update

A big thank you to everyone who donated to our Big Give Christmas Challenge 2023 and/or shared the posts from our social media campaign. We are very grateful for your support. This money will be used to help grow our befriending service during 2024 so that we can reach more socially isolated residents in Bedford. Thank you once again.

As part of this campaign, we ran an office cake sale to help us raise some extra donations during the Christmas Challenge! It was well received by all who work in the building.



We have entered the [Benefact Movement for Good 2024 awards](#), with the chance of winning £1000).

Would you consider nominating us for an award?

Our chances of winning increase with the number of nominations we receive.



Friends for Life

Help us win £1,000.
Please nominate
us today!



QUICK TIPS for resident visits

See below for some tips from Pauline to help make your visits work:

1. Ring before you visit to check that your resident is well and available to see you.
2. Don't visit when you are ill.
3. Make a plan of what you can take with you to talk about, e.g. photos, magazine, games.
4. Bring things from your holidays, weekends away or days out to talk about with your resident.
5. Celebrate your birthday and your resident's birthday!!
6. Remember to log your visit.

Meet our new trustees

We are delighted to have welcomed 4 new trustees to our board over the last few months. They are: Neil Khandke, Michael Ridley, Nafiz Hasnat and Alex Brenton. You can find out more about them below.



Neil is married with 3 children and 3 grandchildren. He had a career in Quality Assurance/technical management, working for some of the biggest brands such as Unilever, Cadburys and Dairy Crest, where he led large global teams. Most of his roles have involved driving significant change.

Having had to spend a lot of time away from home during his working life, Neil now enjoys spending time with his grandchildren and on his hobby of photography. He has a guilty pleasure, which is playing PC games! Neil also enjoys building and upgrading PCs with his 2 sons.

Michael has lived with his family in Bedford for over 20 years. He brings with him 27 years of experience within the civil service, most recently at the Department for Education where his policy responsibilities included governance within the further education sector.

He has previously been a trustee at a local academy trust, and is looking forward to new challenges and opportunities in his role as a trustee with Friends for Life, improving the quality of life for residents in local care homes. Outside of his trustee responsibilities, he enjoys cycling, sailing, and swimming, and is also trying to improve his French.



Nafiz is a business executive with 22 years of experience in corporate banking and business development. He worked in leadership capacities in different large multinational and local companies in Bangladesh and received executive development training in UAE, and India. He completed an MBA from the University of British Columbia, Canada.

Nafiz moved to the UK in 2022, and is now operating his own Corporate Credit Consulting practice in London. He is fond of travelling and interested in contemporary history.

Alex is an IT professional living in Bedford, originally from Newcastle. He has a passion for charity work and has completed several St Albans charity cycle rides, the 3 peaks Yorkshire challenge and other fundraising events for Cancer Research.

As well as being a trustee, Alex has kindly agreed to help the team with IT.



JOIN US FOR COFFEE

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

10.30am, Thursday 8th February, Albero Lounge, Riverside Square

