



## Introducing Telephone Friendship Groups

We are delighted to be setting up a number of Telephone Friendship Groups aimed at bringing people together to offer the opportunity for friendship and to help overcome social isolation.

The Telephone Friendship Groups (TFGs) are the result of an exciting collaboration across the BCP conurbation, which brought together the BCP authority, charities and church groups. The Christchurch Community Partnership (CCP) is thrilled to be part of this initiative, offering telephone chat groups of 5 people, hosted and facilitated by a CCP vetted and trained volunteer.

2020 has highlighted loneliness and isolation across all sectors of our community as normal social activities have been cut back in response to the coronavirus pandemic.

We have been successfully running a pilot group from our own client base and have seen how friendships have been renewed and established, helping to alleviate a sense of loneliness and isolation. We are now able to expand the project to include additional groups of CCP clients and to offer this project to the clients of other organisations.

We would like to invite existing social groups, church groups, residential homes and communities to participate in this project, as a way of offering an alternative to their regular face to face meetings. This could include groups who are already known to each other or establishing groups with common interests.

We hope that our TFGs will go some way to helping folk feel less alone, offer them a different focus, a way of maintaining social connections and something to look forward to.

The groups run once a fortnight and last for approximately 45 minutes. All participants need is a telephone and we at the CCP will organise the rest.

If you would like to find out more please contact Geraldine Brown. Geraldine will be happy to give you more information and answer any questions you have. Geraldine can be contacted by email [ccp.telefonfriends@gmail.com](mailto:ccp.telefonfriends@gmail.com) or phone 07719 867 696.