

## Who are we?

Karis Neighbour Scheme is a small charity working in the community to offer support and friendship to those who need it the most.

We want to see people in need supported; to come alongside them, be a good neighbour, and in really practical ways, help them through whatever hardships they're facing.

If you'd like to find out more about Karis Neighbour Scheme feel free to get in touch using any of our contacts listed on the back of this leaflet.

You can also look on our website for more information.

Or, if you'd like to, you can just drop in to see us.

Our office is usually open throughout the week and we'd be happy to offer you a cup of tea, sit down and explain a bit more about what we do.

**Opening hours: 9:00am—4:30pm  
Monday—Friday**

# Contact Us



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Karis Neighbour Scheme is a registered charity, charity no. 1133510  
Karis Neighbour Scheme is a company, company no. 06595341



**Karis Befriends**



Offering practical support, friendship and advocacy in the local community, through volunteers.

## What's it about?

The Karis Be Friends project is about supporting vulnerable and isolated older people in our community.

Some older people find themselves living alone, without friends or family nearby to offer company and support, and struggle to get out on their own.

We try to see that people who are lonely or housebound are visited regularly, have someone to talk to and can get a helping hand when they need it, as well as having opportunity to get out and about every so often.



The main thing we offer is someone to visit you regularly in your home.

This may be to sit and chat over a cup of tea or to share a hobby or interest.

If you struggle to get out and need a helping hand someone may be able to go out with you for a walk, help you get to the shops or go with you to an appointment.

Alongside home visiting we arrange regular social events, from Sunday afternoon teas to Christmas parties.

If you need a practical task doing we may also be able to help. We can do little DIY jobs like putting up shelves or moving furniture around your home.

We can also help with gardening and some decorating if you can't manage to get it done yourself.

## How can we help?

## Who is it for?

We support anyone who lives in the Harborne, Edgbaston or Ladywood areas of Birmingham.



We don't have a particular age group we work with though generally speaking we support mainly those who are over 60.

However, depending on circumstances we do support people who are younger than this.

If you know someone who might benefit from having a visitor regularly, getting out to social events or needs help with a particular practical task around their home please let us know and we'll see if we can help.