

Befriending Service

COMMUNITY CENTRE FOR REFUGEES
FROM VIETNAM-EAST LONDON

Get in touch

Old Poplar Library
45 Gillender Street
London E14 6RN

Telephone : 0207538 4986

Mobile : 07584241468

Email : crveastlondon@aol.com

Website: crveastlondon.org



- ❖ Bus: D8
- ❖ Underground : Bromley by Bow
- ❖ Dockland Light Rail : Langdon Park

Car Parking

The Centre does have a small carpark but it is only free for 30 minutes.



Befriending Service



Charity Registration No. 108025

The organisation is funded by
Tower Hamlets Local Authority

HOW CAN I ACCESS SERVICE

The CRV East London befriending service is available to people registered at the aged 55 years or over.



If you are experiencing loneliness or isolation, please calling 0207 538 4986 and we will arrange for the befriending team to contact you.

WHAT HAPPEN NEXT?

If you are eligible for the service one of our befriending volunteers will be in touch with you within two weeks.

The CRV East London are a free befriending and support service. We will match you with a befriender who will visit or call you on a regular basis to enjoy a chat, provide a listening ear or perhaps support you to get out and about in your local community.

Befriending matches someone who would like company with a volunteer. We aim to

provide companionship and support, to increase confidence and self-esteem.

One to one befriending:

A befriender can visit you on a regular basis to enjoy some conversation and provide a listening ear.

- A cup of tea and a chat
- A short shopping
- Playing card or board games



Telephone befriending:


A free telephone befriending service offering companionship for isolated people through telephone contact. A befriender can call you regularly for:

- A chat and a catch up
- A phone call for support and general conversation



WHAT BEFRIENDING

Quite simply a relationship between a volunteer befriender and someone who is at risk of isolation or loneliness.

A befriender will start to build a relationship with the person they are helping by: 

- Taking time to get to know you
- Sharing interests and having a chat

Listening to and discussing anything that is worrying you

- Valuing your opinions and beliefs
- Helping you take short walks or other activities you may like to do
- Talking about any relevant experiences and any problems you have overcome, if appropriate

AIMS OF BEFRIENDING

- To reduce social isolation
- To improve quality of life for people experiencing loneliness, illness or mental health difficulties
- To promote independence
- To build self-confidence & self-esteem
- To improve health and wellbeing

