

Kew Neighbourhood Association

Area: Kew

Kew Neighbourhood Association ensures Kew's residents who need a helping hand are connected with volunteers who drive, shop, befriend and carry out light gardening.

- Transport to medical appointments
- Transport to local social activities like the Avenue Club and leisure classes
- Driving local people to the shops, the post office, the hairdresser or just to visit friends
- Home visitors and companions provide regular visits to people who would like some company
- Our services are free of charge. Volunteers give their time freely and can claim an allowance for car mileage from KNA

020 8948 8054

mail@kna.org.uk

www.kna.org.uk



Richmond Good Neighbours

Area: Richmond

Richmond Good Neighbours provides services to the elderly, the disabled, the housebound and others living in the old civil parish of Richmond. Services offered include:

- Gardening
- Shopping
- Transport
- Visiting

020 3538 4060

Monday – Friday 09:00-12:00

organiser@richmondgoodneighbours.org.uk

www.richmondgoodneighbours.org.uk

Teddington & Hampton Wick Voluntary Care Group

Area: Teddington & Hampton Wick

Assistance for the elderly, the disabled and others who need a helping hand. Services offered include:

- Prescription collections
- Shopping trips
- Transport for medical appointments
- Visiting

020 8943 3112

Monday – Friday 09:30-11:30

tedd_hwvcg@btinternet.com

http://tedcare.org.uk/



Whitton Network

Area: Whitton & Heathfield

Whitton Network provides assistance, help and advice to the elderly or disabled and all others in need.

Services offered include:

- Transport for medical and leisure activities
- Shopping / Prescriptions
- Outings
- Befriending
- Garden Project

020 8755 1336

Monday-Friday 09:30-12:00

whittonnetwork@btconnect.com

www.whittonnetwork.org

Neighbourhood Care Networks

in the

London Borough of
Richmond upon
Thames



FiSH Neighbourhood Care

Area: Barnes, Mortlake & East Sheen

FiSH provides voluntary assistance and support, combating loneliness and helping FiSH members to maintain their independence. Services offered include:

- Accessible Transport
- Befriending
- Bridge Club
- Choir
- Coffee Corner (Listening Café)
- Helpline (transport, shopping, gardening and handyman)
- Lunchtime Concerts
- Outings
- Picassos in the Park (art therapy for people with early dementia and their carers)
- Rambert Dance / Exercise Classes
- Retro Cafés for those with memory loss
- Shopping
- Transport (for medical & social appointments)
- Tuesday Talks
- Wednesday Walkers

020 8876 3336

Monday-Friday 09:00-17:00

info@fishhelp.org.uk

www.fishhelp.org.uk



Hampton & Hampton Hill

Voluntary Care

Area: Hampton and Hampton Hill

The Greenwood Community Centre seeks to be a good neighbour to local people in TW12 suffering social isolation through infirmity, mobility problems or any other reason. Services offered include:

- Befriending
- Community Transport
- Indoor Mat Bowls
- Men's Club
- Knit and Natter
- Outings
- Holistic Fairs
- Gentle Exercise
- Yoga
- Bridge
- The Greenwood Centre is available for hire

020 8979 9662

Monday – Friday 09:30-16:00

ceo@greenwoodcommunity.org.uk

www.greenwoodcentre.co.uk



Ham & Petersham SOS

Area: Ham and Petersham

Ham & Petersham SOS provides support for elderly and disabled residents. Services offered include:

- Befriending
- Bingo
- Lunch Club
- Monthly Pub Lunches
- Outings
- Sing-a-long Group
- Tea & Chat
- Transport
- Weekly shopping bus service

020 8948 1090

Monday – Friday 10:00-12:00

enquiries@hamandpetershamsos.co.uk

www.hamandpetershamsos.co.uk



HANDS Care Group

Area: Twickenham & St Margarets

HANDS provides voluntary, practical support in non-specialist fields to those in need, especially the older, frail, isolated and housebound. Services offered include:

- Shopping
- Transport (for appointments and social activities)
- Visiting
- Sunday Lunch Club
- Outings

020 8891 3346

handscaregroup@handscaregroup.org.uk

www.handscaregroup.org.uk

**If you would like further copies of this leaflet,
please call 020 8876 3336.**