

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 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.



Contact us



David Farrugia, Project Co-ordinator



Karis Neighbour Scheme
c/o Church of the Redeemer
Monument Road
Edgbaston
Birmingham
B16 8UU



0121 455 7524



david.farrugia@karisneighbourscheme.org



www.karisneighbourscheme.org

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



Men's Space



KARIS NEIGHBOUR SCHEME

Practical help | Advocacy & advice | Befriending | Emotional support

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



What's it about?

Men's Space offers support and friendship for men who are primarily aged over 50.

We aim to help every man to feel connected, supported and thrive in life.

Men's Space is about:

- Friendship
- Support
- Encouragement
- Fun
- Challenge
- Adventure



How can we help?

We run activities that men can get involved in. These activities give opportunities for men to feel supported and encouraged and enable friendships to be formed that can help reduce isolation and loneliness.

By men meeting together it enables them to feel more connected with the community in which they live and it creates opportunities for men to have a sense of belonging and purpose. Men's Space runs activities such as:

- Board Games
- Woodwork
- DIY
- Gardening
- Walking
- Cycling
- Model Making
- Badminton
- Tennis
- Snooker
- Darts



Who is it for?

We support men who are primarily aged over 50 who live in Ladywood, Edgbaston and Harborne areas. We support men who are feeling isolated and lonely, who are keen to meet others and try new things and want to engage in their community.

Creating spaces for Men
to be known and thrive.