

## 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.

### Funded by



## Contact Us



Helen Bell, Project Co-ordinator  
Tahlia Green, Project Assistant

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

0121 455 7524

[helen.bell@karisneighbourscheme.org](mailto:helen.bell@karisneighbourscheme.org)  
[Tahlia.green@karisneighbourscheme.org](mailto:Tahlia.green@karisneighbourscheme.org)  
[www.karisneighbourscheme.org](http://www.karisneighbourscheme.org)

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



Karis Befriends



**KARIS NEIGHBOUR SCHEME**

Practical help | Advocacy & advice | Befriending | Emotional support

Offering practical support, friendship and  
advocacy in the local community

## What's it about?

The Karis BeFriends project offers befriending and neighbourly help for older people.

We aim to help everyone to feel connected, supported and able to flourish later in life.

This could involve:

- ◆ Visits at your home
- ◆ Going with you to appointments
- ◆ Help with letters, benefit advice and making phone calls
- ◆ Inviting you to our social events
- ◆ Help connect you to other activities in your area



## How can we help?

### Senior Life Group

A weekly group which meets at Oasis Church, Harborne. Enjoy a cup of tea, meet friends, do quizzes and consider the big questions of life.

### Time for Tea

Afternoon tea event with much cake and quizzes. Run on Sundays at intervals throughout the year, at Queen Alexandra College, Harborne.

### Art group

Held fortnightly at Karis main offices. All welcome for simple art and craft activities.

Other day trips,  
Christmas parties, coffee mornings and more!



## Who is it for?



We support older people living in Ladywood, Edgbaston and Harborne, who are

- > feeling isolated or lonely,
- > keen to meet others and try new things,
- > have something to offer to their community.

