



Our Friend is Your Friend Befriending service

We offer a free befriending service for elderly and socially isolated people in the Smethwick and surrounding areas.

Utilising volunteers whom are fully DBS cleared and match them with people in the community with similar interests and hobbies. Dependant on your interests this could include visits to libraries and or social outings. These visits are for a minimum of 1 hour per week and will include a weekly telephone call.

Are you lonely or isolated and need a befriender?
Would you like to volunteer? Call us for further information.

For evening and weekend activities offered by groups based at St Albans Community Association please see website www.stalbans-cc.co.uk. We encourage and support new groups, if you're a group looking for a home, do get in touch.

St Albans Community Association.
St Albans Road, Smethwick. West Midlands. B67 7NL

Centre Manager: Tonia Flannagan

Enquiries: Marilyn Samuels

Tel: 0121 558 0018

Email: info@stalbands-cc.co.uk

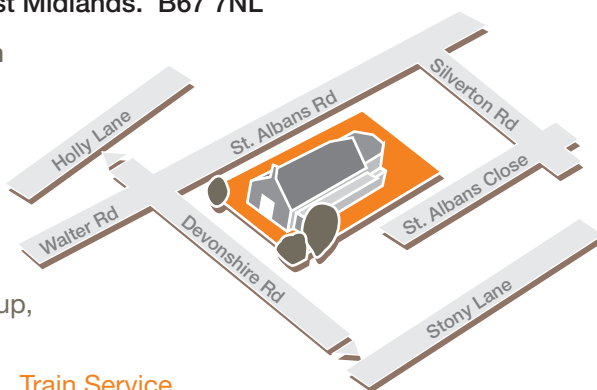
Web: www.stalbans-cc.co.uk

Minibus Service: 

For more info or to arrange a pick up, call 0121 558 0018 and ask for Marilyn or Debbie.

Bus Service:

Bus No's 83 & 55
stop right outside.



Train Service

The nearest railway stations are:
Smethwick Rolfe Street and
Smethwick Galton Bridge.



St Albans

Working with the community


community centre

www.stalbans-cc.co.uk



Community Lunch Club

Friendly staff and good company make for a warm and welcoming atmosphere where you can enjoy tasty, well prepared food at reasonable prices.

Choose from our daily selection of freshly home cooked, hot and cold meals. Vegetarian option details on request. If transport is a problem our **Minibus Service**  will collect and return to your front door at a small charge.



Mon-Fri 11.30 – 13.30
Lunch £3.20
Pudding 80p
The mini bus costs from £2.50 return journey.

Advocacy & Support Service

Do you require help and support in any of the following areas?

- Benefits
- Arrears and Debts
- Relationship Issues
- Housing
- Educational / School Information

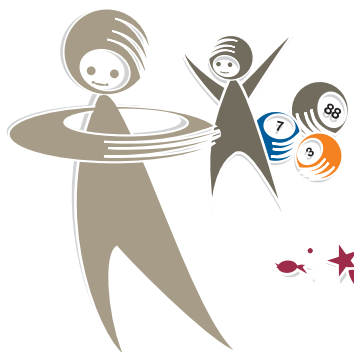
The Advocacy Workers can **support you** to deal with problems that you are not coping with. Please ask to speak to Bianca if you want to discuss your personal needs.



Friendship Club

At a loose end? Need some company?
Come and join us at The Friendship Club!

Activities everyday including Bingo on Tuesdays Thursdays and Fridays from 2 o'clock onwards. Regular celebratory events including entertainment and regular trips including 2 annual visits to the seaside.



Volunteer Opportunities

Do You Have a Few Spare Hours Each Week?

We have a variety of volunteering opportunities including: Minibus Drivers and Escorts, Befrienders, Catering and Lunch Club Assistants.



We are looking for people:

- That are willing to commit some of their time on a regular basis
- Would like to gain experience and skills
- Employed or unemployed
- Would like to make a difference to their community
- Who understand the importance of confidentiality
- Would like to meet new people and have new experiences

You can expect:

- You will receive a comprehensive training package
- Regular support and supervision
- A chance to learn new skills and add to your work experience
- The opportunity to meet new people and increase your own social networks
- The ability to get involved and make a difference to isolated members of your community
- Travel and lunch expenses covered

Out Meals

If you're after more flexibility with your meals, choose from a daily choice of 3 meals which can be delivered to your door, ready to eat or freeze. Daily options are available from our weekly menu.

There is also the option of Roast Meals for the weekend.

The choices are Roast Beef, Pork or Chicken. Meals for weekends will be delivered on a Friday.

Dinner £3.20
Pudding 80p
Delivery £1.25

