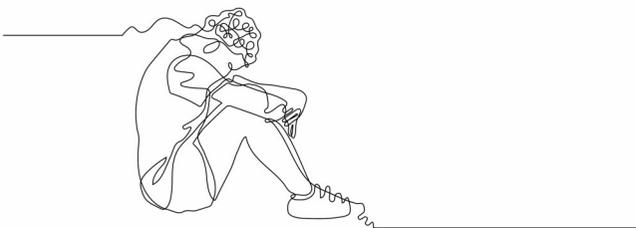


# LONELINESS

The Archway Foundation was established in Oxford in 1982 to help relieve some of the real distress caused by loneliness.

Loneliness is an experience many of us may go through at various points in our lives. Feelings of loneliness affect people of all ages and backgrounds.



Two fifths of all older people (about 3.9 million) say the television is their main company.

*(Age UK, 2014)*

Nearly half of 18-24 year-olds say they often felt lonely, compared to a quarter of those aged over 65, despite many younger people being connected by social networks.

*(Aviva Study 2014 of 2000 adults)*



LOTTERY FUNDED

## Contact Us:

**Office Address:**  
The Archway Foundation  
New Marston Pastoral Centre,  
Jack Straws Lane,  
Headington,  
Oxford  
OX3 0DL

**Phone:** 01865 790552

**Email:** [office@archwayfoundation.org.uk](mailto:office@archwayfoundation.org.uk)

**Website:** [www.archwayfoundation.org.uk](http://www.archwayfoundation.org.uk)

Keep in touch via social media:

**Twitter:** [@archwaycharity](https://twitter.com/archwaycharity)

**Facebook:** [/thearchwayfoundation](https://www.facebook.com/thearchwayfoundation)

**LinkedIn:** [/TheArchwayFoundation](https://www.linkedin.com/company/TheArchwayFoundation)



The office is run by part-time staff who are not always office based. If there is no answer to your call please do leave a message and someone will respond as soon as possible.

**Charity Reg No:** 299533

**Company No:** 2262206



## Volunteering With Archway



## WHO WE ARE

*The whole purpose of Archway is to be alongside those who feel hurt by loneliness to serve by offering support, friendship and a listening ear.*

Archway Founder  
Paul Hawgood

*Archway is a social network with real people, and for many, the nearest thing to a family they will ever know.*

Archway Volunteer

*It's wonderful that so many people I've referred have had such good befriending experiences.*

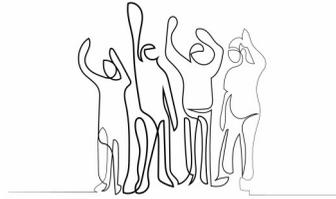
Archway Referrer

*For the first time in my life, I feel I belong somewhere*

Archway Friend (Service User)

*Archway values its roots in the Christian tradition. We welcome and work alongside those of any faith or none. We recognise the importance of faith and spirituality in the lives of many people. Our intention is to ensure that our values of compassion, mutual respect and service of others are the basis of all that we are and do.*

## WHAT YOU CAN DO



### BEFIENDER

For an hour or so once every 2 weeks meet with someone who through physical and / or emotional needs is unable to get out and about. (Minimum time commitment is 1 year for this role)

### SOCIAL GROUP BUDDY

Archway has weekly supportive social groups in Oxford and Abingdon, including a Young Adults' Group. Volunteer to be alongside those who attend. Provide a listening ear, model communication, help with serving refreshments and practical preparations.

### VOLUNTEER DRIVER

If you have a driving license and own a car, you could help people to attend our supportive social groups

### HELP WITH FUNDRAISING

Share ideas and implement them with the team to raise funds to continue Archway's valuable work. Contact us via the website or office to find out more.

**We reimburse travel and out of pocket expenses incurred when carrying out a volunteering role.**

Find out more about Archway at:  
[www.archwayfoundation.org.uk](http://www.archwayfoundation.org.uk)

## WHY VOLUNTEER?

**MAKE A POSITIVE IMPACT** Volunteering for Archway can change the lives of people experiencing loneliness. E.g. 76% of people reported feeling more confident about talking to people since coming to Archway.

**GET VALUABLE TRAINING** in active listening, mental health, signposting, how to maintain boundaries and more.

**MEET NEW PEOPLE** in an environment of respect, support and compassion. Become part of Archway's close - knit community.

## HOW TO APPLY

1. Apply on-line via the volunteer page of our website:  
[www.archwayfoundation.org.uk](http://www.archwayfoundation.org.uk)
2. meet with us to discuss volunteering with Archway,
3. attend some social groups, and initial induction training sessions.
4. undergo an enhanced DBS (Disclosure and Barring Service).

For help with applying and other queries, please call or email us on:  
01865 790552  
[office@archwayfoundation.org.uk](mailto:office@archwayfoundation.org.uk)