



Volunteers needed to help run this new group

Thursday Friends & Food (TFF) has been set up by St Thomas' and St James' churches as part of their outreach into the community. This new group is intended to bring people back together after the long months of lockdown and isolation. A place to meet old friends and make new ones, TFF is open to all who live in the local area, regardless of background or personal situation.

The sessions will run on the 2nd and 4th Thursday of each month, between 2.30 and 4.30pm in the Church Hall of St Thomas' Church on Helmshore Road in Helmshore, Rossendale. The first session is on Thursday 28th October 2021.

Each session will include plenty of time for people to chat and share an Afternoon Tea together. There will also be opportunities to join in with interactive activities including craft, art, singing and low-level exercise. We will welcome specialists to share information on personal safety and wellbeing and provide opportunities for people to speak privately to those who can offer financial and other advice.

Volunteers will run each session with a *Team Leader* and others: *Meet & Greeters* will welcome people, sign them in and show them where everything is. Once the session has begun these volunteers will help in the kitchen area to get ready for drinks and tea time before helping to serve our Afternoon Tea. *Hosts* will help people to find a seat in the Hall and chat with people and help to coordinate our in-house activities and games. They will help to serve the Afternoon Tea and make sure that no one is left out or feeling uncertain.

All of our volunteers for TFF will receive in-house training in basic Health and Safety, and Safeguarding. We will also be offering First Aid training for those who are willing to be a registered First Aider and are able to offer Food Hygiene training for anyone wishing to pursue kitchen and catering activities. Team Leaders will also be subject to a DBS check.

Anyone wishing to become a TFF volunteer should complete an application form and return it to Fr David Stephenson. More information is available from him (frdavidstephenson@gmail.com , 07539 264279).