

BUILDING FRIENDSHIPS

Our community are very vocal about why they love our local community groups.

"For years, I felt isolated and lonely, especially after I retired. But thanks to my CSRF community group, I've met people who truly care about each other. Now, I never feel alone, and I know I have a support system right around the corner. I'm very grateful." Diane, 80

"Being a part of this group has been more rewarding than I could have imagined. I feel like I have purpose again, and I can give back by helping organise events and volunteering. It's amazing to see our efforts make a difference for so many others!" Robert, 75

"Joining this community group has been a true lifeline for me. It's given me a place to connect with friends, both new and old. The weekly gatherings make such a difference - I feel like I'm part of something meaningful. I look forward to every meeting and I always leave feeling refreshed and positive." Mary, 82

VOLUNTEER WITH US



3 WAYS TO CONTACT US

We're always pleased to hear from anyone who's interested in our charitable services.

CALL US:
020 8691 7411

EMAIL US:
enquiries@csrf.org.uk

WRITE TO US:
The CSRF, Unit 11, Pepys House, Greenwich Quay,
Clarence Road, London SE8 3EY.



The Civil Service Retirement Fellowship is a charity registered in England and Wales No. 255465 and in Scotland No. SC039049 and a company limited by guarantee registered in England and Wales No. 6297479.



LET'S DO LUNCH!



Hello, we're the **Civil Service Retirement Fellowship (CSRF)** a national charity that supports former civil servants with charitable services that offer friendship and support.

Our organisation was founded on our local community group network sixty years ago that were set up across the country to provide forums for friendship for former civil servants and their dependents.

Sadly though with the declining number of volunteers willing to help many groups have been forced to close. So we're keen to recruit a new cohort of community volunteers willing to help us open some new groups around the UK.

Volunteering is a great way to develop your inter-personal skills and make new friends.

BEING A VOLUNTEER

If you are interested in volunteering as a local lunch club co-ordinator the role is easy and rewarding. You would be the local contact for our beneficiaries and be responsible for arranging a monthly 'friendship' lunch at a local café or restaurant and contacting those interested to let them know. Each participant is responsible for paying for their meal, so there would be no responsibility for collecting money.



HOW DOES A LUNCH CLUB WORK?

Usually meeting monthly, our established local groups offer a range of social activities for people to enjoy. These might include a coffee morning, visiting speaker, day trip or holiday. What we'd like to create with lunch clubs is a monthly friendship forum for retirees to get together and enjoy some good food and companionship. These may vary in size from 6-8 people to 15-20 depending on the level of interest.

FAQS

How can I get involved?

If you'd like to register as a volunteer, you can contact us using one of the options shown on the other side of this flyer. We'll then send you a quick registration form to complete to become a volunteer.

How do I set up a lunch club?

Once we've signed you up as a volunteer, we'll work with you to help establish your lunch club.

1. We'll write out to members of our community to see what level of interest there is in a lunch club
2. We'll liaise with you to consider potentially venues for your club's lunch. The more accessible they are for public transport and/or car parking the more appealing they are likely to be to prospective club members.
3. We'd then agree a date and venue for the first lunch and send out details to those who have expressed an interest and then its over to you to set the pace and location for future meetings.

Will I be expected to handle money?

No. Your role would be as a co-ordinator only. All attendees at lunches would be expected to pay for their lunch. So you would not be expected to be responsible for any banking, accounting or auditing.

Would our meetings be covered by insurance?

All the CSRF's charitable activities are covered by our central public liability insurance. A copy of the insurance certificate is available on request by any group volunteer that may need it for a venue. Although as our lunch clubs would be taking place in public spaces such as a café or restaurant all these venues are required to have their own insurances in place.

Would serving civil servants also be welcome at lunch clubs?

Absolutely. If you had colleagues who were interested in helping you host a lunch, then they would be very welcome to go along and enjoy the friendship and get to know retired members of our community.

Publicity and promotion

All our groups are promoted via our communications channels (supporter newsletter, e-newsletters, social media) and we can also provide additional communications support and advice on how to promote via local magazines and newspapers in your area. Plus we can provide you with posters to promote the club within your department as well.