



IT'S GOOD TO TALK!

JOIN OUR NEW FRIENDSHIP GROUPS

Did you serve in the RAF? Or are you related to someone who did? Would you like to chat with other members of the RAF family and make new friends in the comfort of your home?

The RAF Benevolent Fund has launched free weekly telephone friendship groups to link former members of the RAF and their families.

Make new friends

These days it isn't always easy to meet new people, but with our free telephone friendship groups you can join a call once a week at a set time and chat with up to six people.

The groups will be hosted by a trained volunteer who will make it easy for you to participate.

All you have to do to take part is pick up the phone!

For further information call Sally on **020 7307 3361** or speak to a member of staff at Princess Marina House.



Our telephone friendship groups provide a safe way to meet new people. We want you to get the most out of your group and have answered some common questions below. If you have any other queries please contact us.

When do groups meet and for how long?

Our groups 'meet' over the telephone for one hour, at the same time each week. There are several groups available, giving a choice of time and day to best suit your schedule.

What do people talk about?

Each group is different; it's up to the people in the group to decide what you want to talk about. People talk about everything from what they watch on TV, families and daily life, to current affairs and interests.

How will you match me to a group?

We'll ask you questions about your interests and availability and use this information to match you to a group. We do our best to match you with a group that has like-minded people of a similar age with similar interests.

What if I don't want to continue with my group?

We understand that sometimes a group may not be right for you. You can try a session, without obligation and if you do not wish to continue you may leave, or ask us to match you to a different group.

What if I want to exchange telephone numbers or contact details with friends I've made in my telephone group?

Our groups are safe and confidential and we would never share your details without your permission. If you do meet friends and want to talk at other times we will help you to do this outside of the group.

"I look forward to the phone call every Thursday night. We all do. It's nice to speak to the same people each week."



**Royal Air Force
Benevolent Fund**