

## HCC FRIENDS GROUP 2015-2016

Dr Chandra Mathur - Facilitator



Long time HCC member Dr Chandra Mathur volunteers as a 'befriender' at local care homes and sheltered housing. Over the last four months, Chandra has been a regular visitor to the homes, meeting and chatting with the residents and leading activities.

Chandra has introduced a new range of group activities for the home's residents, including bingo and colouring. The number of residents joining in Chandra's activities has steadily increased, including 'Simon' \*, who at first would not take part but gradually came out of his shell over a number of weeks. Chandra also spends time chatting with the residents at their regular afternoon tea times.

The home's managers have been very interested to see how the residents look forward to Chandra's visits and have recognised the value of her visits. They now plan regular daily activities for the residents and have displayed their artwork. Chandra says the artwork is very well mounted and 'looks beautiful'.

For more information about the group or for joining instructions please contact Harrow Communities Click on 020 8861 9191 or email [hcc@ageukharrow.org.uk](mailto:hcc@ageukharrow.org.uk)