



 **Thame Senior Friendship Centre**



Thame Senior Friendship Centre needs your help – or this unique facility which has supported older people in our community for **40 years** may have to close!

The **Friendship Centre** provides positive places for older people seeking companionship and stimulation. We provide 3 sessions a week and support local residents who are isolated because they live alone, have health or mobility issues or have caring responsibilities. We offer...

Two course choice lunch – with a cheeky glass of sherry before!

Puzzles and crafts

Entertainment and music

Themed seasonal events

Transport and support from trained staff

PAT dog visit

Informative talks on e.g. nutrition, preventing scams, accessing benefits Parties

All this at a cost of only £20 per session to the member! TSFC is a lifeline for the people that attend, their weekly visit may be the only time they leave their house and is often the highlight of their week. It is their only opportunity to meet up with people, have a lunch prepared for them and feel part of a friendship group.

TSFC also offers 2 sessions a week of the **Memories Café**, an environment ideal for those with dementia, and for their carers. The Dementia Coordinator provides practical and emotional support whilst volunteers deliver a stimulating programme of activities and refreshments. It's a safe environment to share concerns and worries, but more importantly somewhere to laugh, smile and have fun together. The cost is £10 to members.

Sadly, when it comes to charitable donations, older people do not get the same support as other causes, yet these are our parents, grandparents and one day will be us.

In 2026 TSFC celebrates its 40th anniversary. TSFC has set the ambitious target of raising £40,000 to ensure the future of their service to the community, including launching this sponsorship programme, and they hope that you can commit to helping financially...

Platinum package:	£4,000
Gold Package:	£2,000
Silver Package:	£1,000
Bronze Package:	£ 500
Standard package:	£ 100

To give you some idea what your sponsorship could help TSFC with....

£550 supports a session at the Friendship Centre

£100 supports a session at the Memories Cafe or the lunches for a Friendship Centre Session

£70 pays for an hour of musical entertainment

£20 buys craft supplies

As a thank you TSFC will display your logo on their website and social media – but more importantly you will know what a huge difference you are making to the lives of the older people in our community. You are really welcome to come along and meet the people you are supporting; this isn't just faceless charity but real people who would love to tell you what the centre means to them!

If the Thame Senior Friendship Centre has to close, there is nothing to replace it. The community of Thame must not let this happen – **your sponsorship will make such a difference.**

If you would like to support TSFC and want further details, please [email us](mailto:info@thameseniorfriendshipcentre.com)

Or fill in this form: <https://forms.gle/TJdJ9thifgaCnCGk8>

Your sponsorship payment can be transferred to:

Thame Senior Friendship Centre 30-98-90 17615960



www.thameseniorfriendshipcentre.com

Registered Charity 1039978

