



Hello there,

Thank you for expressing an interest in getting involved with our growing network of FaNs (Friends and Neighbours). It is the contribution of people like you that enables us to help care homes improve the quality of life for their residents.

#### **Your Welcome Pack**

We think that the people living in our local care homes can be our friends and neighbours, no less than the people who live down the street, we value these neighbours – some of the oldest in our communities – as people who have much to offer us, just as we have to them.

We know that many care homes work hard to make sure their residents enjoy a good quality of life – but they can't do it all – the health, happiness and well being of our oldest neighbours is not exclusively the business of care homes – it is our business too.

In this pack you'll find information about who we are, and how we are working together to make every moment count.

- Our latest leaflet introducing who we are and how you can contact us
- Stylish postcards to pass on to friends who might be interested in supporting FaNs
- Thank you card recognising your support
- Beautiful certificate celebrating your achievements
- FaNs pen with new website address
- A FaNs badge to wear to show your support

#### **Visit Us Online**

In addition to this pack, we invite you to visit our website and read stories from others like you, about how they got involved and the types of volunteering they do. Register with us to receive exclusive updates, handy resources, information about Time Banking and news from our FaNs community.

Whether you're helping in the garden, popping into your local care home for a chat, or helping a care home connect with local groups in their area, there will be a way you will be able to help some of our oldest citizens.

Be part of our community movement and make every moment count.

Kind regards,

Brian Mister MBE  
Chairman  
My Home Life Essex Community Association



**MAKE YOUR MOMENT COUNT.**

VISIT OUR WEBSITE AT [WWW.FANSNETWORK.ORG](http://WWW.FANSNETWORK.ORG)