We can help you

Across Richmond upon Thames

A friendly chat, practical help
Support to get out and meet people

Your Neighbourhood Care Groups
Richmond upon Thames







For you, a relative, a friend or a neighbour

Find your local charity inside

Eight independent charities across Richmond upon Thames

Contact your local group to ask what support is available

Your Neighbourhood Care Groups | November 2026

Your local charity is here to help

Find your neighbourhood below

FiSH Neighbourhood Care

Barnes, Mortlake & East Sheen

Friendly, neighbourly support helping older and vulnerable residents stay independent, connected and involved in their community. Ask about transport, befriending, shopping assistance, practical help and social activities.

020 8876 3336
enquiries@fishhelp.org.uk
www.fishhelp.org.uk

Ham & Petersham SOS

Ham & Petersham

Local support for older and disabled residents. Ask about transport, practical help, befriending and opportunities to meet others.

020 8948 1090
enquiries@hamandpetershamsos.co.uk
www.hamandpetershamsos.co.uk

Hampton & Hampton Hill Voluntary Care

Hampton & Hampton Hill

Support to overcome loneliness and isolation. Ask about befriending, community transport, shopping support and social groups.

020 8979 9662
enquiries@greenwoodcommunity.org.uk
www.greenwoodcommunity.org.uk

Hands - Helping neighbours in need

Twickenham & St Margarets

Practical, neighbourly help to maintain independence. Ask about befriending, transport, shopping, social activities and small everyday tasks.

020 8891 3346
info@handscaregroup.org.uk
www.handscaregroup.org.uk

Check your address and available support with your local charity

Your local charity is here to help

Find your neighbourhood below

Kew Neighbourhood Association

Kew

Connecting residents with local volunteers. Ask about lifts to appointments, help with shopping, companionship and light gardening.

020 8948 8054
mail@kna.org.uk
www.kna.org.uk

Richmond Good Neighbours

Central Richmond

Neighbourly support for older, disabled and housebound residents. Ask about transport, shopping and visiting.

020 3538 4060
organiser@richmondgoodneighbours.org.uk
www.richmondgoodneighbours.org.uk

Teddington & Hampton Wick Voluntary Care Group

Teddington & Hampton Wick

Local volunteers helping people stay independent. Ask about lifts, prescription collections, shopping trips and social outings.

020 8943 3112
office@tedcare.org.uk
www.tedcare.org.uk

Whitton Network

Whitton & Heathfield

A helping hand for people who find it difficult to get out. Ask about transport, shopping, befriending and social outings.

020 8755 1336
whittonnetwork@btconnect.com
www.whittonnetwork.org

Check your address and available support with your local charity

A little support can mean a lot





Would any of these help?

Someone to talk to

Ask about befriending and social activities

A hand with everyday life

Ask about shopping and other practical help

Help getting out and about

Ask about lifts to appointments, activities and outings

Eight independent charities

Each charity has its own trustees and sets its own services, eligibility and charges. Ask your local charity what support is available and what it costs.

Start with a call to your local group

Ask for yourself or someone you care about. You can also ask about volunteering.