

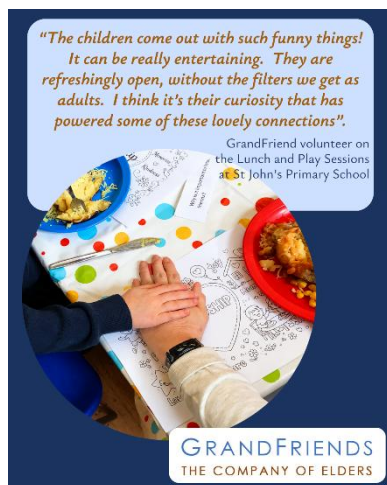


GRANDFRIENDS IS RECRUITING FOR TRUSTEES TO JOIN OUR BOARD

September 2026

Half a million people of retirement age go at least five or six days a week without speaking to anyone (Age UK) and nearly half of young people regularly feel lonely (ONS). The World Health Organisation confirms that chronic loneliness increases the risk of poor health and premature death, with an effect equivalent to heavy smoking. Every £1 spent on addressing loneliness in older people saves the NHS £3.

GrandFriends is a joined-up solution to the Loneliness Health Crisis in the UK. Since 2022 we have been rolling out our innovative programmes to create intergenerational connections in Bath. We recruit Elders (people of retirement age) to volunteer as 'GrandFriends' to give their time and company to children and young people, particularly those who don't otherwise spend regular rewarding time with Elders. Our effective approach values the GrandFriends as Elders who we respect for their greater age, experience and wisdom. We celebrate the common characteristics of our GrandFriends share, such as the gift of time in retirement, patience borne from perspective, and wisdom derived from experience.



Our GrandFriends are both the agents and beneficiaries of our charity. We recruit those who are experiencing, or at risk of experiencing, intergenerational loneliness and its mental and physical comorbidities, for whom purposeful social engagement and connection with younger generations is proving to be effective remedy and protection. With bespoke training and sensitive support we empower each volunteer to grow their sense of agency, purpose and value to community, which in turn fights harmful feelings of disconnect and isolation.

Why come on Board now?

The charity is now entering its fifth year of programmes during which we have grown our volunteer numbers to over 50, who have created over 7,500 intergenerational connections with children and young people in Bath. We are now looking for more Trustees to join our Board as we scale the charity up in response to need and potential. If you are interested in supporting our governance and strategy at this pivotal time then we would love to hear from you.

Who we are looking for

We warmly welcome applications from individuals from all professional backgrounds and lived experiences who can bring fresh perspectives and commitment to our mission. We are particularly interested in hearing from people with expertise and interest in one or more of the following:

GRANDFRIENDS
THE COMPANY OF ELDERS

Charity Registration Number 1203669

Phone: 01225 967 680 Email: hello@grandfriends.uk

www.grandfriends.uk

- Charity governance, compliance and best practice
- Financial stewardship
- Scaling-up in the charity or business sectors
- Healthy aging and age positive policy and practice
- Children and Young People's wellbeing and opportunities
- The loneliness health crisis
- Community cohesion



We are committed to building a diverse and inclusive Board that reflects the communities we serve. We welcome applications from people of all generations, backgrounds, experiences and perspectives. The role could suit retired professionals and would also be a good first experience for a junior Trustee who is a student or early in their career.

What will we ask from you?

This is a voluntary position for an initial term of 3 years. Reasonable travel and other expenses incurred in carrying out the role will be reimbursed.

We ask all Trustees to complete the short Charity Commission training for Trustees and to review the training at the start of each board term.

We hold 3 evening Board meetings a year in Bath and while Trustees are encouraged to attend in person if possible virtual attendance is available for some meetings. It is crucial that the Trustees have the time and capacity to digest the Board papers and prepare in advance of each meeting.

We will ask for your ad hoc advice and support to the team to meet the vision and mission of the charity to a maximum of three times per annum.

We ask each Trustee to attend at least one of the two annual social events we hold to celebrate the volunteers in Bath, plus to attend at least one programme session per year to see the GrandFriends in action.

How to apply

For further information or an informal discussion please contact Lavinia Thomas Buhagiar, Executive Director on lavinia@grandfriends.uk or 01225 967 680.

Or send your CV together with a covering letter outlining your interest in the role and the skills and experience you would bring to lavinia@grandfriends.uk by 5pm on 22nd October 2026.

Man thanks.



GRANDFRIENDS
THE COMPANY OF ELDERS

Charity Registration Number 1203669

Phone: 01225 967 680 Email: hello@grandfriends.uk
www.grandfriends.uk