SERVICES AND PROJECTS FOR OLDER PEOPLE AND ADULTS AT RISK, WORKING TOWARDS INVOLVING THEM IN THEIR COMMUNITIES AND REDUCING ISOLATION

Community Connections

To find out more about any of our projects and services visit YorkshireChildrensCentre.org.uk
Or call 01484 519988, or 0300 8000041/0021
Or email: communityconnections@yccuk.org.uk

Or visit our Facebook page: Community Connections

Community Connections
Half of the UK’s population over aged 75 live alone, 1 in 10 over the age of 65 say they often feel lonely, 50% of all older people consider the television their main form of company.

Below is a summary of some of the projects and services our Community Connections Team provide to help reduce feelings of isolation and loneliness.

**Befriending – It’s Only Me!**

Our befriending service is available for people who may be experiencing isolation and loneliness or a limited social life.

Our Community Connection Volunteer Befrienders make a huge impact on older people by visiting them in their home for company and conversation; this is also an opportunity for Carers to have a short break. Sometimes people sit and chat over a cup of tea, or they may play board games, or go out to a cafe.

Our volunteers tell us how much they enjoy visiting people and how the experience can change their lives.

We also offer a telephone befriending service where an actual visit isn’t required or possible initially. It’s Only Me runs across the whole of Kirklees and parts of Calderdale.

**How does the Service work?**

We conduct a home visit to assess individual requirements and suitability for the service, and later introduce the matched volunteer.

Our volunteers visit people weekly in their own home, helping with any issues or worries and encouraging opportunities to be more socially active where possible. We can also put people in touch with other services and organisations.

All our staff and volunteers have DBS clearance and training is provided.

For further information or to make a referral to Community Connections Call 0300 800 0041 or email nikki.paxman@yccuk.org.uk

Calls are all charged at the local rate.

**Travel Companions**

The Travel Companions project provides support and transport for Kirklees residents, but this is about much more than just getting from A to B; it’s having someone there for support, company and confidence to help people get out and about.

Travel Companions are volunteers who offer their time to assist a client to carry out every day tasks such as shopping, GP appointments, to access community groups or simply getting fresh air! This can also be the next step on from our Befriending service or a starting point to going to community activities.

Our Travel Companions are either:

- **Car Companions**
  - Volunteers, who use their own car
- **Public Transport Companions**
  - Using buses, taxis or trains (short journeys!)
- **Walking Companions**
  - Even just around the block

**How does the Service work?**

There is a small annual membership fee and travel costs for each journey. Travel Companion volunteers are contacted and the requested journeys scheduled centrally by our staff.

We send out details of the service on enquiry including a membership pack with a step by step guide and payment details.

Travel Companions is a Kirklees-wide project.

For further information, or to make a referral, call 0300 800 0021 or email: receptionbrc@yccuk.org.uk

Calls are all charged at the local rate.

**Activity Buddies**

The aim of Activity Buddies is to provide sporting opportunities to adults who for various reasons may find it difficult to access them. Our volunteers offer support to get involved in sports activities again or for the first time, get fit or just to have fun. The volunteers provide company and support for people to work out in the gym, go swimming or walking etc.

**How does the Service work?**

There is a charge and travel costs for the service. We send out details of the service on enquiry as well as an application form.

Once we have received the completed form we will conduct a home visit to assess individual requirements. When we have found a suitable volunteer we will set up an initial matching visit and on agreement they can coordinate and manage the sporting activities between themselves.

Activity Buddies is a Kirklees Wide Service.

If you would like to request a buddy or want to refer someone to us, then contact Nikki Paxman on 0300 800 0041 or email nikki.paxman@yccuk.org.uk.

Calls are all charged at the local rate.

**Dementia Reading Champions**

Dementia Reading Champions – supporting people to share stories and memories

A project where groups of people or individuals living with dementia are supported to enjoy reading, listening, chatting and sharing memories. The project will use poetry, literature and reminiscence to improve the lives of people living with dementia and their carers.

We will recruit and train ‘Reading Champions’ to read aloud to individuals and/or deliver reading groups for people living with dementia, this can be a way to stimulate memories and reduce social isolation. The project will be delivered across Kirklees in Care Homes, Residential homes and community settings.

The project encourages participants to interact with others, share stories and experiences, by using literature and poetry and will be open and accessible to people of all backgrounds and levels of literacy.

**How does the Service work?**

On enquiry we will arrange a meeting to explain the project fully and discuss how best it can be delivered to suit different requirements.

The project is delivered across Kirklees and parts of Calderdale in Care Homes, Residential Homes and Community Settings.

For further information or to make a referral to Community Connections Call 01484 519988 or email: communityconnections@yccuk.org.uk

Calls are all charged at the local rate.