



COMMUNITY CONNECTIONS

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



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 01484 519988

or email christine.wilson@yccuk.org.uk

Calls are all charged at the local rate.

