



**SUPPORTING, GUIDING &
GIVING HOPE
TO OLDER ADULTS
LOCALLY**



Please donate

Welcome to Age Concern Liverpool & Sefton's quarterly update.

We offer a range of support services to older adults across Liverpool & Sefton including; a 1:1 reablement and friendship service in Sefton through weekly home visits and calls, a free information & guidance line and a monthly activity programme of social events, day trips and activities.

Mental Health and Loneliness

Did you know we deliver services to people age 50+ living with mental illness? Our Combat Isolation service is funded by Mersey Care to support older adults who are open to community mental health services.

The aim of the service is to empower older people with mental illness to engage with their local community, make new connections and improve confidence to live well. We do this to reduce loneliness and isolation, because we know that;

- More than 2 million older people across the UK experience loneliness (Age UK)
- Living with a mental illness can lead to loneliness, and in turn this can further exacerbate mental illness (Mind)

Our clients have access to 12 weeks of one-to-one support with our team, then we can offer them a Volunteer Befriender. This enables the client to continue to have regular contact with a dedicated volunteer on a long-term basis, therefore continuing to reduce loneliness and maintain positive wellbeing.

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**VOLUNTEERS
NEEDED**

**We're recruiting Volunteer Befrienders for our
Combat Isolation Service
Can you spare 2 hours per week to
help an older adult locally?**

Keep in touch:

Follow us on social media.



0151 330 5678

www.ageconcernliverpoolandsefton.org.uk

JOIN OUR TEAM of Volunteer Befrienders & Make a difference to an older adults life LOCALLY



per week could provide much needed companionship for an older person with mental illness.

We offer both **in-person and telephone befriending**.

- Full training is provided,
- an enhanced DBS check,
- travel expenses and
- regular support through the team.

We are seeking **compassionate individuals with excellent communication skills and can commit for a minimum of 12 months**.

For further details and an application form, please email mail@ageconcernliverpoolandsefton.org.uk or visit our website: www.ageconcernliverpoolandsefton.org.uk/volunteer-with-us/



OUR VACANCIES

TO APPLY PLEASE EMAIL RECRUITMENT@AGECONCERNLIVERPOOLANDSEFTON.ORG.UK

REGISTERED DAY NURSE

ARE YOU AN EXPERIENCED RMN LOOKING FOR A REWARDING NEW OPPORTUNITY? WE ARE LOOKING FOR A DEDICATED AND COMPASSIONATE NURSE TO PLAY A KEY ROLE IN SUPPORTING RESIDENTS' MENTAL HEALTH, WELLBEING, AND INDEPENDENCE. WORKING AS PART OF A SUPPORTIVE TEAM, YOU WILL LEAD HIGH-QUALITY, PERSON-CENTRED CARE, CONTRIBUTE TO CARE PLANNING AND CLINICAL OVERSIGHT, AND HELP CREATE A SAFE, DIGNIFIED, AND WELCOMING ENVIRONMENT. IF YOU'RE COMMITTED TO MAKING A POSITIVE DIFFERENCE IN PEOPLE'S LIVES, WE'D LOVE TO HEAR FROM YOU.

NIGHTS CARE ASSISTANT

THE HAMLETS NURSING HOME IS LOOKING FOR COMPASSIONATE AND DEDICATED NIGHT CARE ASSISTANTS TO JOIN OUR EXPANDING TEAM. SUPPORTING OLDER ADULTS WITH FUNCTIONAL MENTAL HEALTH NEEDS, YOU'LL PLAY A VITAL ROLE IN PROVIDING PERSON-CENTRED CARE, PROMOTING WELLBEING, AND CREATING A SAFE AND PEACEFUL ENVIRONMENT THROUGHOUT THE NIGHT. EXPERIENCE IN CARE IS WELCOME BUT NOT ESSENTIAL—WE VALUE KINDNESS, ENTHUSIASM, RESILIENCE, AND A GENUINE DESIRE TO MAKE A DIFFERENCE. FULL TRAINING AND DEVELOPMENT OPPORTUNITIES ARE AVAILABLE FOR THE RIGHT CANDIDATES. IF YOU'RE LOOKING FOR A REWARDING ROLE WITH A SUPPORTIVE TEAM, WE'D LOVE TO HEAR FROM YOU.



TIPS AND ADVICE FOR STAYING COOL IN THE HEAT

The warm weather can affect everyone, but especially those over 65 or with a health condition. The [NHS](https://www.nhs.uk) recommends staying out of the [heat](https://www.nhs.uk), wear light clothes and sunscreen, and eat cold food and drinks..



Tackling loneliness

At Age Concern Liverpool & Sefton, we offer different services and activities that can help tackle loneliness. We have our Combat Isolation service, for people who have a mental health diagnosis, our Sefton befriending service, for our clients who live in Sefton, and our activities, for anyone who wants to join.

There are also many different groups around Liverpool and Sefton that you can join. These groups will give you the opportunity to meet new people, and take part in many fun activities.

Donate now

- £10** helps us answer calls from some of the most vulnerable older people in our community who are feeling isolated and lonely.
- £20** helps us reach out to older adults to get the support they need be it companionship, equipment or other specialist services.
- £50** helps us to influence and develop services for older adults locally.
- £500** funds a month of activities to bring people together, keeping them physically and mentally fit.

**PLEASE VISIT
THE DONATION
PAGE ON OUR
WEBSITE**



Merseytravel

Merseylink bus service gives hope to older adults

The Merseylink bus is Merseytravel's dial-a-ride service for people with mobility problems or difficulties, who cannot use ordinary public transport some or all of the time.

Staff at Age Concern have been encouraging clients to use this bus service as a means to regain independence. George said,

"I've used the Merseylink bus service once and had a good experience with it. I'm looking forward to using it more."

George felt isolated and unable to leave the house alone. Since he signed up to the Merseylink service through the help of his support officer, he decided to venture out to take part in activity sessions by himself. This is a huge achievement for George - he is very thankful for our input and felt he had hope he'd never had before.

"Getting the Merseylink service bus pass has lifted my mood and given me more hope for the future."

To apply for the Merseylink bus service visit:

<https://www.merseytravel.gov.uk/bus/accessibility/merseylink/>

WORLD ELDER ABUSE AWARENESS DAY - 15TH JUNE

ACCORDING TO THE WORLD HEALTH ORGANIZATION, AROUND 1 IN 6 PEOPLE AGED 60 OR OVER EXPERIENCED SOME FORM OF ABUSE IN COMMUNITY SETTINGS DURING THE PREVIOUS YEAR. ELDER ABUSE TAKES MANY FORMS, INCLUDING PHYSICAL, EMOTIONAL, SEXUAL, AND FINANCIAL ABUSE, AS WELL AS NEGLECT AND ABANDONMENT. THE HARM GOES BEYOND BRUISES AND MISSING MONEY: SURVIVORS FACE HIGHER RATES OF DEPRESSION, HOSPITALISATION, AND PREMATURE DEATH. PREVENTION IS BECOMING MORE URGENT EVERY YEAR.

CLICK [HERE](#) TO FIND OUT MORE

For information about our services or to join our monthly activities, call **0151 330 5678** or email **mail@ageconcernliverpoolandsefton.org.uk**