



**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.



SAD NEWS

IT IS WITH THE SADDEST HEART THAT WE WANT TO LET EVERYONE KNOW THE SAD NEWS THAT JACINTA ASHDOWN DIED ON MONDAY AFTER HER SHORT BATTLE WITH CANCER.

AGE CONCERN LIVERPOOL AND SEFTON ARE SO GRATEFUL THAT SHE HAS BEEN A BIG PART OF THE ORGANISATION FOR OVER 5 YEARS AS DIRECTOR OF OPERATIONS AND THEN CEO, LEADING THE ORGANISATION WITH PASSION AND DETERMINATION TO GIVE OLDER PEOPLE THE SERVICES THEY DESERVED AND DELIVERING SO MANY POSITIVE OUTCOMES AND INITIATIVES.

JACINTA'S LEGACY WILL LIVE ON AT AGE CONCERN BECAUSE SHE WAS SUCH AN AMAZING PART.

WE ARE PUTTING TOGETHER A MEMORY BOOK FOR THE FAMILY WITH PHOTOGRAPHS AND STORIES THAT WE ALL REMEMBER SO IF ANYONE WOULD LIKE TO CALL INTO THE OFFICE TO ADD SOMETHING THEN PLEASE FEEL FREE TO DO SO.

WE ARE ALL DEEPLY SADDENED BY THE NEWS.

IN THIS ISSUE

SAD NEWS

JOIN OUR TEAM

OUR VACANCIES

STAYING COLD IN THE WARM

TACKLING LONELINESS

MENTAL HEALTH & LONELINESS

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**

2
HOURS

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.

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](#) recommends staying out of the [heat](#), 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**

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.