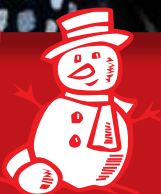




Collette Moore and TV3's Lisa Cannon
launching the ALONE Christmas Campaign.

ALONE



Helping older people in need

NEWSLETTER WINTER 2013

Visit www.alone.ie for more information

CAMPAIGNING

COMPASSION ALONE IS NOT ALWAYS ENOUGH

10% of people aged over 65 are at risk of poverty

ALONE calls on members of the public to support their Christmas campaign, **Compassion alone is not always enough** as CSO figures show that nearly **10% of people aged over 65 are at risk of poverty.**

This Christmas we ask everyone to volunteer their time or money as **120,000 older people live alone across the country** and many are **heavily reliant on benefits to keep above the poverty line.**

Seán Moynihan, CEO of ALONE, commented;

"For most, Christmas is a time of plenty, spent with family and friends. However for some older people it can be a very difficult time where they are left isolated and cold during the holiday season. We strongly urge the public to think of older people who may be alone in their community, to take the time to visit and check on levels of heating and food. Even just a quick drop in for a cup of tea or bring out their bins, these very small gestures can really make all the difference to an older person who is isolated and living alone."

ALONE volunteers and supporters realise that compassion alone is not enough and are taking action again this year by distributing food hampers to over 500 older people in need. On Christmas Day, the

volunteers will also bring hot Christmas dinners to older people living on their own. The ALONE Christmas Dinner Dance, a vital social outlet for older people, will be attended by over 150 guests.

ALONE provides a crucial Befriending Service to older people who are isolated, along with providing permanent Housing to almost 100 older people and a Community Response Service to older people who are in crisis. ALONE has a small, dedicated staff who work on the ground daily with older people. We receive no Government funding and are solely funded from donations from companies and members of the public. Many of our 150 volunteers will be working during the Christmas period.

CONTENTS

COMPASSION ALONE IS
NOT ALWAYS ENOUGH

ESSENTIAL GRANTS
DECLINE DUE TO
FUNDING CUTBACKS

ALONE PROVIDES
HOMES FOR THREE
OLDER PEOPLE IN NEED

TOP TIPS FOR OLDER
PEOPLE THIS CHRISTMAS

WHEN LEO MET ALONE

ALONE
CHRISTMAS CARDS

BEWLEY'S CHRISTMAS
EXHIBITION IN AID OF
ALONE

THANK YOU

WISHING YOU A HEALTHY
AND HAPPY HOLIDAY

ALONE provides vital support to the one in ten older people at risk. ALONE receives no government funding and our essential activities are funded by donations from the public.

After three weeks on his own, the last thing Ed wants is 'me time'.

Compassion alone is not always enough.

Please volunteer your time or money. **Call** 01 6791032 or **visit** www.alone.ie

ALONE

Helping older people in need

The poster space and design have been kindly donated.

COMMUNITY RESPONSE SERVICE

ESSENTIAL GRANTS DECLINE DUE TO FUNDING CUTBACKS

Over the last number of years ALONE's Community Response Service has supported numerous older people obtain Housing Adaption Grants to carry out essential repairs on their homes. In the long run, these grants save the state money as there is no need to provide extra accommodation, and most importantly, they allow older people age independently in their own homes for as long as possible.

Unfortunately, this funding was vastly reduced this year. ALONE campaigned to the Government against these short-sighted cuts and was successful in having an additional 1 million euro reallocated. However this did not go far enough and since the summer the funding has stopped altogether.

ALONE's practical response has been to look at alternative sources of funding for these vital works, and thankfully to date, we have been successful in doing so. Community Response would like to take this opportunity to thank all of the groups who have supported us in this crucial work throughout 2013.

ALONE provides assistance to older people in need of support with our Community Response Service. Older people in need of support can contact ALONE on (01) 679 1032

For some, this is a piece of life-saving equipment.

Compassion alone is not always enough.

Please volunteer your time or money. **Call** 01 6791032 or **visit** www.alone.ie

ALONE

Helping older people in need

The poster space and design have been kindly donated.

1 in 10 older people are in real need. Chances are, you know one.

Compassion alone is not always enough.

Please volunteer your time or money. **Call** 01 6791032 or **visit** www.alone.ie

ALONE

Helping older people in need

The poster space and design have been kindly donated.

HOUSING

ALONE PROVIDES HOMES FOR THREE OLDER PEOPLE IN NEED

There has been a lot of movement in the world of housing in ALONE. We have recently had two ladies move into permanent ALONE homes and one more into our temporary accommodation. All were delighted to leave their past situations behind to start a new life of independence in their ALONE homes. One of the ladies will have an ALONE volunteer visiting her on a weekly basis for a cup of tea or to do something nice. We would like to welcome them all to ALONE.

We've also helped two sisters, Bridie and Mary Ellen, successfully move together to a nursing home close by to their former home. Bridie and Mary Ellen are cherished members of the North Circular Road community, and we're delighted they can continue the friendships made over many years. Having a shared room, which was essential, they can continue to support each other in a way that only sisters can! ALONE worked successfully with the ladies, along with their very good neighbours, friends, nurses, doctors and social workers to make this happen in spite of nursing home shortages. We hope they enjoy their new home and higher level of care.

Mary Ellen and Bridie in their new home.

TOP TIPS TO CARE FOR OLDER PEOPLE THIS WINTER

VISITING: There can often be a heightened sense of loneliness and isolation around this time of year. Please remember to visit older neighbours and friends for a cup of tea and a chat.

HEATING: Ensure draughts are blocked and curtains are closed to retain the heat. If you know an older person who is having difficulty paying their bills, please contact ALONE for advice or assistance.

CLOTHING: Several thin layers will keep older people warmer than one thick layer during chilly weather.

FOOD: Ensure that older people are eating at least one hot meal every day during these winter months.

EXERCISE: Keeping active is good for physical health and mental well-being so encourage your older friend to get some regular exercise if they can.

MEDICINE: Make sure they have enough medication and that they've had their flu jab.

SECURITY: Ensure they have proper locks, bolts and chains on their doors.

SAFETY IN THE HOME: You should ensure that your older friend has a carbon monoxide alarm installed, the fire / smoke alarm is working and vents aren't blocked. Encourage them to always unplug electrical devices before going to bed.

HAVE FUN – Listen, learn and laugh! Older people are a wealth of information, knowledge and experience.



ALONE encourages everyone to check in with their older neighbours this winter.

ALONE provides assistance to older people in need with a Permanent Housing Provision. Older people in need of support can contact ALONE on (01) 679 1032

BEFRIENDING

WHEN LEO MET ALONE

"After retirement a few years ago, I found myself without daily contact with others. That is when my slide into isolation began. Another huge upset was having to have the vet put my dog down.

A combination of smoking, ageing and lack of exercise began to quickly take its toll. Daily household chores began to slide. Isolation was now a difficulty.

My breathing became so laboured I had to go to the Doctor who put me in contact with the local Public Health Nurse. She contacted ALONE who arranged to visit me- little did I know what that meeting would lead to.

The big day arrived when I met ALONE. I was both nervous and excited. I went to my first outing to the cinema in Ballymun which was the first time I went out for a social occasion in a very long time. I couldn't believe how good I felt about myself afterwards.

My volunteer Eamon came for his first weekly visit and we get on great, swapping stories about work, Dublin in the old days and sports. I have had some great times with ALONE, especially the social events.

Since ALONE made contact with me my confidence is coming back. The joy is infectious at ALONE, their volunteers and staff make us all feel that we are people of some value too. That is the key to ALONE and long may it continue."

For full story, please log on to www.alone.ie



ALONE CHRISTMAS CARDS

Please support ALONE by purchasing our Christmas cards. Packs of 10 cost €7.99 plus P&P and €5 from the sale of each pack goes directly to help older people in need. Please contact enquiries@alone.ie or call 01 6791032 to place your order today!

BEWLEY'S CHRISTMAS EXHIBITION IN AID OF ALONE

ALONE is delighted to be chosen as charity partner for the annual Christmas exhibition in Bewley's Café Grafton Street which takes place from the 28th November until 6th January. The exhibition is free to attend and 100% of donations received will go directly to ALONE. Please drop in for a visit!

We need volunteers to help at the exhibition which will involve interacting with the public and encouraging them to make a donation to ALONE. If you have a few hours to spare we would love to hear from you. Contact Gillian or Suzanne on 01 6791032 or email fundraising@alone.ie.

THANK YOU

On behalf of everyone at ALONE, we would like to extend a massive thank you to every individual, company, community group, volunteer and school who supported us throughout the year. We simply could not have continued to deliver our services to older people without you. Your contribution is greatly appreciated!

WISHING YOU A HEALTHY AND HAPPY HOLIDAY

If you, or an older person you know needs our help and would like to enquire about our Befriending, Community Support or Housing Services please call us on (01) 679 1032.

