

Teacher's Guidelines

ALONE

Supporting older people
to age at home

ALONE Workbook





Introduction

The ALONE School Project allows students to help older people in their area through fundraising and community work. It teaches them the needs of older people and how to empower them as valued members of society.

Why is it important?

- We rely 100% on fundraising events and public donations to run our services.
- The older population is growing rapidly along with the problems effecting older people such as loneliness, poverty and illnesses.
- Many younger people, such as students, are unaware of the problems facing older people.
- Younger people can help change older people's lives through fundraising and volunteering.

ALONE School Project

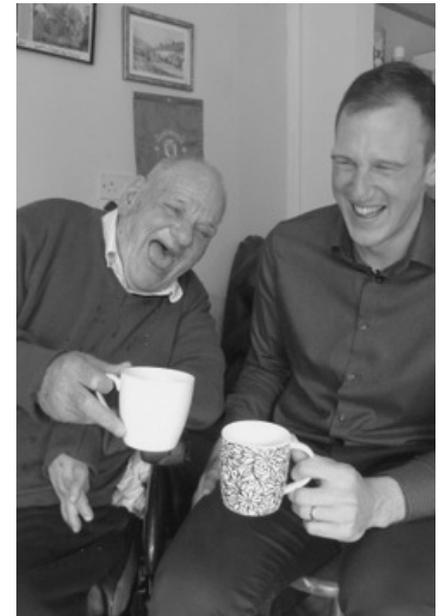
Part 1

The first step during the ALONE School Project is to attend a school talk. An ALONE staff member will present an interactive slide show presentation to the students taking part in the project. This will give them information about ALONE and older people.



Part 2

After the school talk, each student will receive a workbook to be filled out. The workbook will ask questions about ALONE, their fundraising event (part 3) and the volunteering they did (part 4). There are also questions that allow the students to reflect on their work and evaluate the importance of fundraising and volunteering.



Part 3

During school hours, the students will get a chance to get into teams, chosen by themselves or the teacher. Five to seven students per team is recommended but may be different per class. In their teams they must plan and produce a fundraising event. We encourage teachers to allow the students to be creative with their ideas but also offer suggestions if they are struggling.

Fundraising ideas should be challenging but also achievable for each team. Example of ideas include: bake sale, non uniform day, talent show, sports day or quiz after school. Other ideas that can take place outside of school include: an event in a local community centre, organise an event in your parents job or in your local shopping centre such as bag packing. When creating their fundraiser, remind them they can use sponsor cards, bucket collection, entry fee or online donations to raise money. This may spark new ideas for their event.

Suggestions

- **Reasonable deadline to complete fundraiser and workbook.**
- **Time allocated for each team to talk about their progress.**
- **Time allocated for filling out the workbook and questions.**

Part 4

ALONE Volunteers make our services possible. During part 4 we would like students to see the work that volunteers do by doing volunteering tasks. The students will do 5 tasks to help an older person. These tasks can be almost anything seen as a good gesture. Examples of tasks include: spending time with an older person by chatting to them, helping an older person with physical tasks such as hoovering, taking out the bins or putting away the shopping, helping an older person with information such as showing them clubs or services they might like in their area or helping them with technology. These tasks may be easy for some students who have grandparents and neighbours who are older but others may need extra help or advice. During class hours, check in with each student that they have a person or people in mind they can help. If they are struggling, ask them to see if their parents know any older people in the area or at the community centre or in the family. When each act is completed, the good gesture is to be written in their workbook in detail.



Learning experience

Students learn a range of skills from this project while also helping the people around them. We feel this is a great opportunity for students to grow empathy for others and also encourage them to take action in their community. There is also a lot of responsibility with this project which will prepare them for further education and their career.

Fundraising Skills

The project brings students through every step of fundraising. It allows them to be creative and think of ideas but also shows them the challenges of planning out these ideas. It teaches them the process and planning that must go behind an event, particularly with no budget. This reflects the reality of most fundraising events.

Financial Skills

Most school students don't have an income or don't use their own money to pay for things. Therefore they don't learn a lot of financial skills. During the project they will set targets and set prices on maybe tickets or muffins they are selling. From this they will learn what prices are and are not reasonable.



Community Action

With this project, students will be actively helping older people in their community through volunteer work. Their five good gestures will teach them the importance of caring for others and it will teach them to be aware of this in the future.



Project Management Skills

Communicating with your fundraising team is very important while doing this project. Each member of the team must have their own role and add value to the event. Choosing roles, evaluating ideas, negotiating and putting plans into place, will build their project management skills. Reflecting on their event will also help them see what they did well and what they would change.



Problem Solving Skills

When doing their volunteering and fundraising they will come across many obstacles. They may need to change their fundraising event, swap roles or think of different ways to volunteer. This will help teach students to search for alternative solutions.

