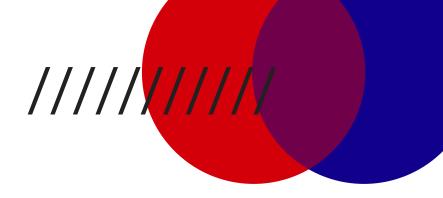
# Community Project



## **ALONE Workbook**



#### Our Stories



## Leo

Leo, 73, was living alone in Dublin for the past 14 years. When Leo retired he found himself feeling increasingly isolated and lonely.

"I was just sitting in, smoking. I had no exercise. I needed help to look after my daily chores. I wasn't cooking. I wasn't doing anything. I was probably depressed but I didn't know it."

After ALONE was suggested to Leo by a public health nurse he was introduced to ALONE volunteer Eamon.

"That was the turning point that broke the momentum."

Eamon helped Leo regain his confidence and now they regularly get coffee together and go to the cinema. Leo is very grateful he was introduced to ALONE Befriending. He is now much more active and has begun cooking for himself again.

"Had I not been put in touch with ALONE I dread to think where I'd be now. It's shown me a door to a way back into society. Instead of isolating myself I now want to get out."



## **Our Services**

- 01 Befriending
- 02 Support Coordination
- 03 Housing with Support

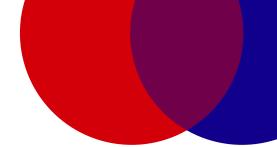
## **About ALONE**

#### Section 1



Use the information from the ALONE School Talk to answer the questions below. The ALONE website and social media pages will also give you more details. Use facts and your own personal opinion when filling out this section.

What is	s ALONE?	
What t	:ype of service	e do ALONE provide



Which service is do you	like best? And why?
How do charities like ALONE fundraise?	
	SG



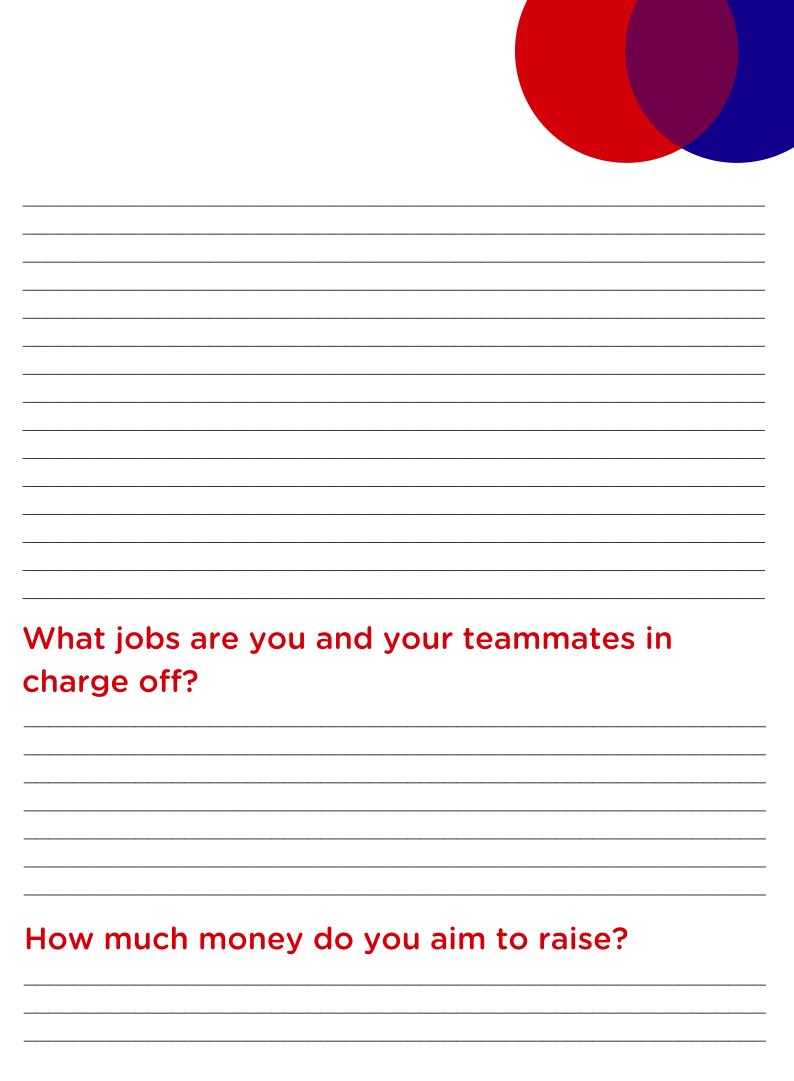
## **Fundraising**

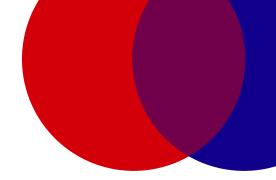
#### Section 2



Each team will organise a fundraising event. In your workbook give details on each step you took when preparing your event. This should include, decisions made with your team, the roles you were in charge of, the people you contacted and how you plan to raise money.

	you plan to raise money.
What is your f	fundraising event?
Write a detail	ed plan of the preparation needed
	ct our principlal to book the p.e hall, make posters to promote





Who do you have to contact for the event?
How are you going to promote the event?
Write a detailed plan for how the event should go on the day.
E.g. From 1pm - 2pm Jenny and Sarah will be decorating the room, from 4pm - 5pm Ben will collect tickets.

## **Fundraising Conclusion**

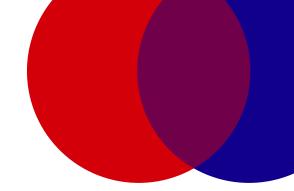
#### Section 3



After your event is finished, write about what was successful and what you found challenging. Go into detail about what you learned from fundraising and if you enjoyed it or not.

## Write about what was successful during your event?

E.g. David's Instagram story about the event got a lot of views and it made more people attend the event, the raffle helped us reach our target as we sold 50 tickets.



# Write about what challenges you came across during your event?

	ople to sponsor ou thing ourselves.	ır event, trying to in	corporate everyone's idea	IS,
What di	id you lear	n about fur	ndraising?	

## Volunteering

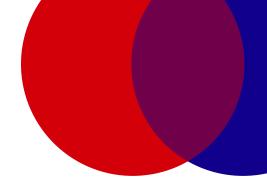
#### Section 4



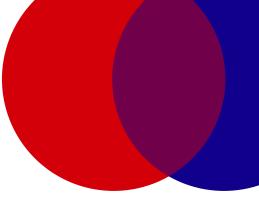
Our volunteers are hugely important to ALONE. In this section you will write about the volunteer work you did. Write out 5 good actions you did to help an older person. It can be one or more than one older person. The older person can be a family member or someone in your community.

## What was your first good action?

-	-		·	tea with my ne nop for my grea	_
Vhat w	as youi	r secon	d good	action?	
Vhat w	as youi	r secon	d good	action?	



What was y	your third good action?
What was y	our forth good action?
What was y	your fifth good action?
What did y older peop	ou learn about the challenges facing le?



low is yo	our life o	differen	t to an	older pe	rson's?
low is yo	our life s	similar t	o an old	der perso	on's?

## Notes
