

The logo for ALONE, consisting of the word "ALONE" in white, bold, uppercase letters inside a red rectangular box.

ALONE

Supporting older people
to age at home

A close-up photograph of an elderly woman with white hair, smiling warmly. She is wearing a blue turtleneck sweater and a patterned shawl. The background is blurred, showing other people in a social setting.

Corporate volunteer days

Charity engagement

Corporate Social Events

Organise a social event for ALONE older people

Why are social events important for older people?

To get out and about is not easy when you get older. Among other reasons, after retirement we can become isolated from our community. One in three older people currently live alone and over one in five have frailty issues.

Not having access to social interaction due to mobility or lack of connections can lead to serious physical and mental health issues. Engaging older people in local events helps to tackle these issues and enhance the lives of older people.

With the help of ALONE, corporates can hold a social event for older people at their offices or in local community centres. These events can enable older people to engage with others from their area in an enjoyable and comfortable environment. Please help older people to have a high quality of life by hosting a social event.

"I was at an ALONE event, it took my breath away to see older people gathering together, some of them in wheelchairs or with reduced mobility, I looked around the room and everybody seemed so happy!

Then you appreciate to have an organisation like ALONE making sure that everybody can have access to a nice party.

We all get old, but sometimes is not until you retire that you think thank God for an organisation that looks after old people".

Jim, 64.



What is a social event for older people?

ALONE supports older people to overcome problems large and small, including lack of access to medical services, poverty, homelessness and housing difficulties. We have nearly 1,500 older people receiving our Befriending Service and over 100 tenants. ALONE want to combat loneliness and social isolation among older people and enable those who have mental and/or physical health needs to be a part of their community.

With the help of ALONE, corporates can hold a social event to enable older people to engage with others from their area in an environment that is safe and enjoyable. ALONE work with older people who have mental health issues, disabilities and mobility difficulties. It is important that social events are accessible to older people and have at least one ALONE staff member present.

Location

Community Centre

If your company would like to host an event in a certain area, the easiest is to book a space in your local community centre.

Corporate Offices

If your office has the space to host a social event, we can work together to invite our older people from your local area.

Willie Bermingham Place

ALONE have housing units in Kilmainham Lane for over 35 tenants. There is a common room where corporates can hold social events.

Time frame

We ask corporates to keep events between 10am and 5pm and between Monday to Friday. We hold events all year round but ask for at least 3 weeks notice, so we can give your event as much attention as possible.

How it works

Contact our team at fundraising@alone.ie and we will send you an event proposal form. Outline your event in more detail and what you need from us and that's it!

ALONE will be the point of contact for the older person. We will call older people we work with in the area you are hosting the event and confirm attendees. We will then pass on their information for purpose of organising taxis and sending a physical invite.

There will always be an ALONE staff member at your event for support. If you require more than one staff member, please let us know.

Prior to your event an ALONE staff member will provide a talk to staff to tell you about the older people we support.



Budget

It's up to you to set up a budget for the event. We ask you to keep in mind:

Transport

We ask all corporates to provide transport for our older people (except for events taking place at ALONE's housing units). This can be taxis, buses or employees collecting and dropping off our older people. We will ensure all members invited are living in the locality to avoid large costs. Our older people are eager to attend social events but for some, it can be difficult due to mobility issues. Providing transport can make a huge difference to people who find it difficult to get out and about.

Lunch/decorations

Decorations for the event are up to each organisation. If you are holding an event longer than 2.5 hours, we ask that you provide a light lunch. Alcohol is strictly prohibited at Corporate Social Events.

Invites

ALONE are happy to call our older people, inform and invite them to the event. We ask that you make out physical invitations with clear date, time, location, main activity, company logo and ALONE's logo. This will include a letter from yourself inviting them to the event, envelopes and stamps.

Capacity

For every 10 older people at an event, we ask for a minimum 3 of staff members from your organisation to be there at all times. We will also have at least 1 ALONE staff member attending. A maximum of 50 older people can attend a corporate social event.



Event ideas

Entertainment

Movie evening
Coffee mornings
Social lunches
Quizzes
Concerts
Bingo
Karaoke
Workshops
Dinner dance
Arts and crafts
Board games
Debates on topical issues



Sport activity

Fitness classes
Yoga
Swimming
Salsa
Golf
Ballroom dancing
Walk and talk
Park visit
Cards



Thank you for supporting ALONE

We need your help to enhance the lives of older people. Please spread the word in your company and follow us on social media. If you are interested in organising a Corporate Social Event or have any other queries about ALONE, get in touch with our fundraising team.

Fundraising@alone.ie
01 679 1032

