

Spare an hour and make an older person's week

Each year ALONE works with thousands of volunteers across the country. Many of our volunteers are befrienders who visit an older person in their community every week. These visits are a valuable way of alleviating loneliness and providing practical help to older people who need it. However for many volunteers strong and lasting bonds of friendship are formed and valuable life lessons learned.

Our volunteer Rosheen told us about her own experience.

“I started volunteering with ALONE because I have been very fortunate over the past few years and I decided it was time to give something back. I wanted to commit to something that was manageable and that I would be able to do long-term. The befriending match I thought was the best fit for me.

I met my match John in summer last year, and it truly has been a rewarding experience. It's nice to know you can make a difference to an older person who spends a lot of time alone. It's a very grounding experience and it puts things into perspective. I visit John on a Tuesday evening after work and spend between 30 minutes to an hour chatting about all sorts with him.

I made a visit to John on Christmas day and brought him up some cake my mother had made, I could see how much it meant to him.

It takes very little time and effort to volunteer an hour a week and I am delighted I started to volunteer with ALONE.”



If you would like to find out more about our volunteering opportunities then visit us on alone.ie/volunteers/ or phone us on **01 6791032**



YOU'RE NOT ALONE

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Tel: 0818 222 024 Email: Fundraising@alone.ie

www.alone.ie

Registered Charity Number 8259

We would like to keep you updated about our work but if you would prefer not to receive communications from us please Email fundraising@alone.ie or Telephone us on 01 567 5679.

The **ALONE** SUPPORTER

NEWS AND UPDATES

JULY 2022

Thank you!

We are delighted to share with you some of our great achievements over the past 6 months, many of which were made possible by the generous support we received from yourself and others.

In 2021 we received almost 21,000 calls to our National Support Line, 69% of calls received were from older people who were living alone. In addition, we supported more than 9,000 older people and made more than 165,000 phone calls and 60,000 visits to older people across the country. Already this year we have supported almost 6,000 older people and demand for our services continues to grow daily. In this issue we want to celebrate the great support we receive from corporate, individual and communities throughout Ireland all helping ALONE deliver our services across the country.



Post-pandemic it is great to again invite some supporters back to our projects to see for themselves first-hand the difference that our work makes to the lives of older people in Ireland.

*Finally, and most importantly I want to say **thank you to each and every one of you** for the kindness you have shown us. It is starting to look like it will be a hard winter for a lot of older people and thanks to your generosity we will be there to support them.*

Yours sincerely

Seán Moynihan
Chief Executive

Campaign for Change

ALONE is an organisation that advocates on behalf of older people. To help them age at home we advocate on Housing, Home Care, Pensions/Entitlements and Energy costs. We will always continue to campaign on Loneliness and for a cross government strategy to deal with the effects of it. The impact of rising prices on necessities including food and heating has impacted us all but these increases are more acute for those in our community who are already vulnerable and living on low fixed incomes. ALONE has consistently called on the government to alleviate the rising cost of living to help those in greatest need. In light of the almost daily price increases on necessities including food, water and energy the government needs to intervene in the economy to protect and support older people on fixed incomes with no disposable income that they can offset against rising prices.

When your income is fixed the choices can be between heating or eating and we feel that this is wrong in 2022. ALONE is asking the government to continue work on reducing the worst of the inflation crisis and to introduce additional targeted measures including benchmarking the weekly pension to the average weekly wage, introduce a temporary means tested weekly basic food allowance of €25 and increase eligibility and duration for the fuel allowance. ALONE recommends that anyone who is starting to feel the pinch or is already experiencing stark choices to get in touch with us and not suffer in silence by calling our National Support & Referral Line on **0818 222 024 from 8am - 8pm**, 7 days a week, so we can arrange help and assistance any way we can. Even if it is just for a chat and the opportunity to make a new friend.



Staff from Mallinckrodt Pharmaceuticals volunteering at ALONE's housing project.

- Irish Life
- Allied Irish Bank
- Bank of Montreal
- Ballymaloe Foods
- Murex
- Glenveagh Properties
- Mallinckrodt Pharmaceuticals
- KBC Fund Management
- Deloitte
- Musgraves
- LinkedIn

We are always overwhelmed with the support we receive from individuals, community groups, and corporates without whose help we would not be able to provide all the services that are so badly needed across the country. Space restricts us from mentioning everyone who supported us but we have done our best to include as many as possible.

FUNDRAISING

FUNDRAISING IN THE COMMUNITY

Thank you to all the community groups who organised events and raised funds for ALONE:

- John Greene who ran a boxing tournament and raised €1,000



John Greene and Frank Dillon, ALONE.

- Maggie Rowley 5th Class Teacher at St. Brigid's National School, Drumcong, Co. Leitrim and her class organised a bake sale for ALONE and raised an amazing €828.45.



5th Class, St. Brigid's National School, Drumcong, Co. Leitrim

- Assumption School Walkinstown who raised €530 in support of our work
- DCUFM who raised €2,632 over a week of fundraising