Befriending & Mentoring Service
(Leicester City)

For more information please contact us:
Age UK Leicester Shire & Rutland
Thorncroft, 244 London Road, Leicester. LE2 1RH

Julia Day—Co-ordinator
0116 223 7364
day@ageukleics.org.uk

Susan Emmerson—Administrator
0116 223 7363
susan.emmerson@ageukleics.org.uk

Web: www.ageukleics.org.uk
Find us on social media:
Loneliness is more common than you think…

“Currently, a million people over 65 feel lonely ‘often’ or ‘always’ and 3.7 million people live alone, many with no means of getting out and about.”

(English Longitudinal Study on Ageing)

Social isolation and loneliness affects a person’s quality of life.

Life changing events such as becoming housebound, losing your carer or your partner, not having your family around you during the day or a change in your health and your ability to get out and about can disconnect you from the outside world and leave you feeling lonely.

Often people do not want to ask for help but no one wants to be lonely every day.

How can we help?

Age UK Leicester Shire & Rutland can offer free befriending and mentoring support, matching you with a befriender who will visit or call you on a regular basis to enjoy a chat, provide a listening ear or perhaps support you to get out and about in your local community.

Befriending:
A volunteer can visit you on a regular basis to enjoy some conversation and provide a listening ear.

Mentoring:
A volunteer can visit you regularly for a period of time to support you to access your community. For example, you may like to join a local activity group but do not feel confident about getting there and back, a mentor will attend the activity with you until you feel confident enough to attend on your own.

Telephone Befriending:
A telephone befriender can call you regularly for a chat and a catch up.

Volunteer for us!
If you would like to become a volunteer Befriender please contact Julia by phone or email (see front of this leaflet).

Your support would be very much appreciated.
**How can I access this service?**

You can get more information about this service from the Befriending & Mentoring Project Coordinator, Julia, on 0116 223 7364.

This project is funded through the Big Lottery as part of the Leicester Ageing Together initiative and is currently available in the following wards: Thurncourt, Spinney Hills, Evington, Belgrave and Wycliffe. It is also available to anyone in any of the City wards if you are housebound, have been recently discharged from hospital, are from an African or Caribbean heritage or if you experience hearing loss.

If you are experiencing loneliness or isolation elsewhere in Leicester, Leicestershire or Rutland, please contact us on 0116 299 2233 as we may be able to help you with alternative projects or support options from Age UK Leicester Shire & Rutland and other local charities.
How can we help you?

**Information & Advice** [Open Monday to Friday, 11:00am - 4:00pm] 0116 299 2278
A free and confidential service to assist with issues affecting your quality of life including: finances & welfare benefits; housing & property; leisure activities.

**Day Care Services** 0116 222 0572
Social support in a community setting including care, entertainment and companionship, with optional transport if required.

**Home Care** 0116 299 2266
Assistance with domestic tasks to make living at home that little easier to manage. Services include: food preparation; cleaning & ironing; shopping; collecting prescriptions; personal care; companionship; support with appointments & outings.

**Handyman & Gardening** 0116 299 2266
A ‘no job too small’ household maintenance service including: gardening; home security & safety; basic decorating; home maintenance.

**Respite** 0116 299 2266
Fully trained Respite Workers offer carers a break from the stress and demands of caring for someone. We also offer dementia respite by workers experienced and trained in dementia care.

**Befriending Services** 0116 299 2233
A free service offering regular visits or phone calls to people who are socially isolated or feel alone.

**Products and Services** 0116 254 5451
Products and services for the over 50s: home, car and travel insurance, personal alarms, weekly lottery and funeral plans.

Age UK Home, Car & Travel Insurance are administered by Ageas Retail Limited. Age UK Funeral Plans are provided by Dignity. Brought to you by Age UK Enterprises Limited. Age UK Personal Alarms are provided by PPP Taking Care Limited and brought to you by Age UK Trading CIC.

Age UK Enterprises Limited and Ageas Retail Limited, who are both authorised and regulated by the Financial Conduct Authority, will arrange the sale of the insurance policy. Ageas Retail Limited is a sister company of Ageas Insurance Limited.

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We are a local charity with a national name — giving local older people a voice

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