

To find out more about this free service:

Befriending: 0121 704 7846
befriending@ageuksolihull.org.uk

Clubs: 0121 704 7811
activities@ageuksolihull.org.uk

Office Hours Monday to Friday 9am to 4pm
 (leave a message on our answerphone and we will get back to you asap).



Linking People Together is for **over 65s** who **live at home** (not in a care home/sheltered housing) and pay their council tax to **Solihull Council**. There is a waiting list for all services. Cases are assessed on an individual basis but priority is currently being given to people who:

- ♦ Are housebound
- ♦ Have a long-term illness
- ♦ Have no family or other support locally
- ♦ Have low level memory loss
- ♦ Are 75 or over

The service is currently funded by Solihull Metropolitan Borough Council as well as our own fundraising activities.

Age UK Solihull The Core, Central Library Building, Homer Road, Solihull, B91 3RG





Registered Charity Number 1055887



“Linking People Together”

Age UK Solihull’s **Linking People Together** service supports older Solihull residents to maintain social interaction and remain vital members of their local communities.

The service is divided into four core elements:

- | | |
|--|---|
|  Home-based Befriending |  Telephone Befriending |
|  Practical advice and support |  Community-based social activities |

Home-based Befriending



Our **1:1 face-to-face Befriending service** is a free, home visiting service which aims to provide company for people over the age of 65 who are feeling lonely or isolated, and have no family or other support nearby. A volunteer will visit you in your home on a weekly basis and sit and have a chat and a cup of tea with you.

“We talk and discuss daily life. Nothing out of the ordinary, just a bit of socialisation. It's the company...you feel good having someone to talk with.”



Our volunteers are fully trained, and we tailor the service to meet each person’s specific needs.

What else we offer

Telephone Befriending



As well as home visits, we offer **Telephone Befriending**, where a volunteer will call you once or twice a week for a chat.

"I have been very grateful for my telephone calls with my volunteer. She has become a good friend and I enjoy our calls and we have a laugh. I have found it very comforting to have someone on the end of a phone when I was very down and felt alone."

Social Clubs



We run **three social clubs** where older people can enjoy refreshments, entertainment and the company of others.

We have:

- A pub-based lunch club in Marston Green (every Tuesday)
- An 'Afternoon Club' in Shirley (every Wednesday)
- A pub-based lunch club in Knowle (every Thursday)

"The Lunch Club is very important to me as before I was always stuck inside all of the time with no friends to contact and it was a struggle to meet up with them. Now I have met this wonderful group of people who have become my good friends. I look forward to meeting them every Tuesday and I have been given a chance to really enjoy myself every week."

GoodGym Solihull



We've joined forces with **GoodGym Solihull** to support more older people in our community.

Like our regular Befrienders, GoodGym volunteers will visit you in your home to provide company. However they *run* to and from the visit, combining supporting older people with keeping fit.

The volunteers call the people they run to "coaches" as they motivate the volunteer to make a regular run.

GoodGym volunteers also undertake *Mission Runs* where they run to older people to help them with one-off tasks they are unable to do for themselves such as changing a lightbulb, some light gardening or moving furniture.