

Loneliness can be as bad for your health as smoking and heart disease.

Befriend Kildare is a befriending service that offers one-to-one companionship to older people who are feeling lonely or isolated, living in Kildare.

This service provides a weekly, personal contact from a trained volunteer, either by home visit or by telephone call. You can contact us yourself or be referred by a family member, community worker or a health care professional.

This service is designed to alleviate the negative impacts loneliness has on mental and physical health.



If you or someone you know is interested in becoming a Befriending Volunteer please contact us for further details. Full training and support will be provided.



For further information please contact:

Caroline

☎ 086 137 2871

✉ oldervoiceskildare@countykildarelp.ie

Sue

☎ 087 114 9175

✉ befriendkildare@countykildarelp.ie

🌐 www.countykildarelp.ie



Another support service available to older people in Co Kildare is:



They provide a property maintenance service for small household jobs for those aged 65 and over. A membership fee of €55 will cover you for up to 5 callouts.

For further details and bookings contact:

086- 060 7346

ksj@countykildarelp.ie



Building the confidence and capacity of all older persons in Co Kildare, both as individuals and as members of their communities.

Do you need some **support** with minding your **health** and **wellbeing** as you are getting **older**?

Would you like to **build** your **confidence** and **feelings of resilience**?

Do you feel **lonely** or **isolated**?

Would you like to be more **involved** in your **community**?

Are you interested in **meeting new people** or **trying a new activity**?

If you answered 'yes' to any of these questions read on to see how our services can benefit you



Older Voices Kildare (OVK) is a social inclusion initiative that works with, and for, older people in Kildare, to support their wellbeing and enable their fullest participation in life as they age.

The OVK mission is to build the confidence and capacity of all older persons (65+) in Kildare. OVK is focused on creating a county where older people are welcomed and empowered within a vibrant, inclusive community.

We work with all older members of our community including newcomers to Ireland, LGBT+ persons 🌈, Travellers and people with disability. We particularly support those who are experiencing loneliness, isolation, or social exclusion for whatever reason.

**It's not how old you are that counts,
it's how you are old!**



You're *never* too old to learn something new.

Older Voices Kildare facilitates a range of **Capacity Building & Personal Development** programmes and opportunities throughout the county including:

- Ageing Matters
- Ageing with Confidence
- Building Resilience
- Art & Creativity in Ageing
- Citizenship & Rights of Older People
- Exercise, Movement & Physical Activity



Social Prescribing is a way of supporting individuals to improve their health and wellbeing by connecting them with a range of non-medical programmes and supports that are based in their communities.



This new service, available in Kildare Town and surrounding areas, involves meeting to discuss **YOUR** needs and preferences and the various services, groups and supports available in your area such as community involvement, music, art and creativity, social groups, physical exercise and movement, and personal development opportunities. This lets you take an active role in managing your own health and wellbeing.

***No one* can do everything,
but *everyone* can do something.**