



NOVEMBER 2024

www.brightlife.charity



BRIGHTLIFE
A LOCAL CHARITY FOR OLDER PEOPLE

BRIGHTLIFE



Welcome to November

Our Telephone Befriending Service enables a team of trained volunteers to make calls each week to elderly people who have little to no human contact.

This marks the second newsletter from Brightlife, designed to share our updates and keep the community informed about our efforts to address the loneliness crisis in Chesterfield, North East Derbyshire, and Bolsover.

The weather has taken a turn for the worse, marking the arrival of the season's first snowfall. While the snow can be quite beautiful, it also presents numerous challenges for many of our older residents.

The icy pavements pose dangers, leading to isolation as people hesitate to venture out for fear of accidents. Severe weather often results in the cancellation of home appointments, which in turn heightens feelings of loneliness and vulnerability. Additionally, there are growing concerns about the costs associated with staying warm. It's a difficult situation.

This is precisely why the services provided by Brightlife are so vital. We will continue to share important information about available benefits, helplines, news, and events to support our community. Stay warm everyone.

Ann Monk – CEO, Brightlife

**Don't
Miss
Out**



TO REFER AN OLDER PERSON TO THE TELEPHONE BEFRIENDING SERVICE OR TO VOLUNTEER WITH BRIGHTLIFE AND MAKE CALLS TO OLDER PEOPLE WHO ARE LONELY AND/OR ISOLATED

CALL 01246 273333 OR EMAIL ENQUIRIES@BRIGHTLIFE.CHARITY

Throughout November Citizens Advice North East Derbyshire be running drop-in sessions to provide on-the-spot, free, benefit checks. Their friendly advisers will be able to find out if you are eligible for Pension Credit which can open you up to other benefits such as Winter Fuel Payments. Full details are available on their website. <https://citizensadvicened.org.uk/.../pension-credit-and.../>



To ask for a copy of this year's booklet, by email or post, email greg.stenson@derbyshire.gov.uk



Last month, Brightlife hosted its Annual General Meeting at South Lodge, Queens Park. Discussing the charity's operations is crucial, and it's equally valuable for everyone involved to gather and connect with one another.

We all have a common objective: to help alleviate loneliness and isolation.

“This call is the first person I have spoken to this week” Brightlife client, 2024



Some of the calls we receive at Brightlife are from people who are need information but don't know where to go for it. We can help point people in the right direction for:

- Benefit Advice and calculation
- Challenging welfare benefit decisions
- Care Packages
- People wishing to challenge decisions from Social Services
- Information about aids and adaptations
- Help with the completion of Lasting Power of Attorney form
- Trying to find a Trusted Trader



Social Events & Activities

Chesterfield Care Group

Offers a variety of social groups, including gentle exercises, arts and crafts, quizzes and games, singing groups, gardening sessions, walking groups, and reminiscence. They also have dementia groups and a carers group.

Senior Spireites

A program from Chesterfield FC Community Trust for people aged 55 and over, with activities including a gentle exercise and social club.

Chesterfield Borough Council

Offers a variety of classes, including Zumba Gold, a chair-based fitness class, and a preventing falls class. They also have free Walk With Us group walks.

Age UK Derby and Derbyshire

Offers a series of short videos with simple exercises to help improve mobility, cardiovascular fitness, balance, strength, and flexibility.



How you can help Brightlife

Help us in our fight to reduce loneliness

As the cost of living continues to bite, our free services offer a lifeline to isolated older people in Chesterfield who are finding times hard.

Please donate today to help fund these services and let older people across Chesterfield know that they are not forgotten

To find out how you can donate, follow the link to our website www.brightlife.charity/donate

Since April this year, our Brightlife volunteers have made 3200 calls helping to reduce loneliness and isolation in Chesterfield

