



DECEMBER 2024

www.brightlife.charity



BRIGHTLIFE
A LOCAL CHARITY FOR OLDER PEOPLE

BRIGHTLIFE



Welcome to December's Newsletter

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

In This Issue...

- Festive Activities - What's on over the Christmas period
- Loneliness This Christmas - Thousands of older people will spend Christmas alone. Could you help?
- Winter warmth - Get help this winter with the Household Support Fund and Home Energy Checks
- Latest News From Brightlife



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**



Will you be lonely this Christmas?
Are you struggling to cope?
Join us. Be surrounded by friends on Christmas Day.

Lunch on Jesus

CHRISTMAS CAROLS
FOLLOWED BY
CHRISTMAS DINNER
& BINGO

25th December 2024
1.00pm to 6.00pm

Call MYDUDU on 01246 948 401
to confirm your attendance

Transport is available so please provide your
address if you need a lift
Lunch on Jesus is held at:
Whittington Moor Methodist Church,
Scarsdale Road, Whittington Moor
Chesterfield, S41 8NA

Support with the Cost of Living

If you're worried about the cost of living rise there's help and support available locally.

This leaflet has information about some of the key support available across Derbyshire.

You can also find more advice and information at www.derbyshire.gov.uk/costofliving and also at www.ruralactionderbyshire.org.uk/foodbanks

HELPING YOU TO
CLAIM YOUR ENTITLEMENT

Don't miss out. Visit:
www.derbyshire.gov.uk/costofliving

Welcome to our Christmas 2024 newsletter.

As the festive season draws near, we at Brightlife recognise that for many, Christmas can be a time of loneliness. The loss of loved ones and the long hours spent without conversation can create a sense of isolation.

It's likely that within your community, there is an older person feeling lonely or facing challenging circumstances that are all too familiar.

However, Brightlife firmly believes that no one should endure feelings of loneliness. This belief drives us to provide our telephone befriending service, supported by our amazing volunteers. Their dedication enables Brightlife to continue its mission of combating isolation and loneliness. We extend our heartfelt gratitude to everyone who supports our efforts, and we wish you a very Merry Christmas.

Ann Monk - CEO, Brightlife

THE GEORGIA BIRD FOUNDATION PRESENTS....

Community

CHRISTMAS CAROL SERVICE

JOIN THE GBF CHOIR AND GMTC, IN SINGING A RANGE OF CHRISTMAS SONGS
A FREE HOT MEAL AND REFRESHMENTS WILL BE PROVIDED
FREE ENTRY - PLEASE REGISTER VIA TICKETSOURCE
6.00PM
FRIDAY 20TH DECEMBER 2024
HOLY TRINITY CHURCH, NEWBOLD ROAD,
CHESTERFIELD, S41 7PG

Run by

Call free on 0800 4 70 80 90

The Silver Line is Age UK's 24 hour telephone service for older people.





Don't Miss Out!

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You have until 21st December to apply for Pension Credit in order to claim Winter Fuel Allowance

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.

Loneliness Doesn't Take A Holiday



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 3900 calls helping to reduce loneliness and isolation in Chesterfield

