



Donating over £2,500 worth of care to reduce social isolation



available to them or a loved one. It can be scary for any of us getting older and worrying about the future, so it's important to know about the many groups out there that can help keep us connected.'

Residents from the Woodley, Twyford, Wargrave and Earley areas are invited to Connected Care – see details below. You'll receive a warm welcome and helpful information from Bluebird Care and other groups coming together to make a difference to the challenge of loneliness.

Over the past nine months, Bluebird Care in Woodley has been organising regular Friends' Cafés in and around Berkshire. One is run in partnership with Emma's Kitchen in Twyford, from 11am to 12 noon on the third Thursday morning of each month (second Thursday in December).

Becki Hawkins of Bluebird Care says that hearing about the experiences of people has led them to take further action to reduce isolation.

She said: 'We have taken our inspiration from Sheila, who has been attending our Friends' Café for a little over two months. She told us that she and others were finding it very challenging to get information on social activities in the community as well as support and charity groups in the local area. We are therefore holding a special event on 17 October that we are calling Connected Care.

'This free event aims to bring communities together in order for local residents to understand what support, guidance and social inclusion is



You are not alone - join in

Come and find out about services, support and activities in your area to help you lead a healthy, fulfilling and independent life.

- Free entry and refreshments
- Entertainment, activities and music
- Stalls and displays from a range of charities, clubs and companies
- Community initiative supported by local organisations



Wednesday 17th October 2018, 2pm to 4:30pm

FREE TEA, COFFEE AND CAKES	Charvil Village Hall The Hawthorns, Charvil, RG10 9TR
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For more information [01189863552](tel:01189863552) reading@bluebirdcare.co.uk


Bluebird Care in partnership with


The prevalence and health risks of loneliness

- Over 9 million people in the UK across all adult ages are either always or often lonely.
- Half a million older people go at least five days a week without seeing or speaking to anyone.
- Two fifths of older people say the TV is their main company.
- Lonely people are more likely to suffer from dementia, heart disease and depression.
- Loneliness can increase the risk of death by 29%.

For sources and more information visit www.campaigntoendloneliness.org