

Supporting people in later life

# Local community based services for older people



Bringing people together to support friendships and tackle loneliness.

Catholic Care   
Children & Young People's Services

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## Catholic Care has been supporting older people through friendship groups in the community since 1994.

The groups deal specifically with concerns of older people and helps to tackle the everyday problems of loneliness and isolation.

This practical service offers hands-on help and is staffed by a manager, a development worker, administrative support, escort staff and a team of volunteers.

Through our local community based groups we share information, offer advice and support, and put people in touch with a network of partners. We welcome enquiries, in person or over the phone, and for added convenience, provide home assessment visits. These allow us to identify the right activity for each person.



Our local groups and get-togethers offer hands-on help to local people.

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By organising community groups and regular get-togethers, we aim to:

- Promote the practical social and spiritual wellbeing of older people
  - Address specific practical, social and spiritual concerns arising from loneliness and isolation, by offering direct or indirect help
  - Encourage older people to remain independent and remain in their own homes.
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## A social programme designed to improve older people's quality of life.

Wherever possible, we believe in bringing people together and supporting friendship. Our daily and weekly community groups allow older people to meet people of their own age, develop new skills and lead fulfilling lives.

Our group activities include:

- Meeting new friends and have a chat over tea or coffee
- Stay supple with our exercise programme supported by Age UK
- Enjoy a light nutritious lunch or afternoon tea
- Creative crafts
- Day trips
- Fun and games with Boccia Bowling and Kurling
- The opportunity to become a volunteer.

Older people with dementia are most welcome to attend with their carer and join in the fun. Please note small charges apply to attend the group and for lunch/afternoon tea.

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# Our services are outcome focussed and enhance health and well-being.

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The Huddersfield Deanery Project is just one of the initiatives supported by Catholic Care. Established in 1863, Catholic Care is a charitable organisation working on behalf of the Diocese of Leeds. In everything we do, we strive to show how the teachings of Christian love, charity and justice can shape the way we live together. As such, we provide a range of care and support services to vulnerable people across the community, regardless of their faith.



Please note small charges apply to attend the group and for lunch / afternoon tea.

Our services consider older people's practical, social and spiritual concerns.

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Older People's Services

Registered Charity  
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Diocese of Leeds