

# Ciaran Bingham

## Foundation Trust



### Winter Newsletter 2019

Supporting  
isolated  
elderly  
people in  
the South  
Leeds  
region

## A WORD FROM OUR FOUNDER MARGARET BINGHAM



2019 is nearly ending and so much has happened this year.

New breakfast clubs were introduced, afternoon teas brought people together, we took our service users to Skegness for a day trip, had fun at our Leeds Irish Centre Party.

And lastly but not least we had our main fundraising event which was our Liverpool to Leeds bike ride.



This event was such a beautiful day, the weather was perfect, everyone did their best, the teamwork was contagious and we raised an amazing £5,500.

This money will make the difference to our service users and allow us to continue doing our work providing support to the elderly and vulnerable people in South Leeds.

A massive thank you to all our members & volunteers for your continuing support.



### INNER SOUTH LEEDS COMMUNITY AWARD

We are also very excited to share that in October, Ciaran Bingham Foundation Trust received the "Inner South Leeds Community Heroes" award at John Charles Centre. This award means a lot to us as it is a recognition of our hard work and dedication to tackle social isolation in our community. We appreciate everyone who nominated us and keeps supporting us daily. **YOU** make it all worth it!



A big Thank you from all of us at CBFT.



## In Loving Memory

Our thoughts go out to the family and friends of

Ron Linley and Sandra Friend



*"Those we love don't go away, they walk besides us"*

# Fundraising event of the year - 2020

## CIARAN'S HAND OF FRIENDSHIP BLACK TIE GALA DINNER

2020 will mark the **10<sup>th</sup> anniversary** of Ciaran's passing and as this charity was launched to celebrate his memory we are hosting a fundraising event on Saturday 7<sup>th</sup> March at The Irish Centre, the "Ciaran's Hand of Friendship" black tie gala dinner.



We have accomplished so much in 10 years, helped so many people, saw many losses but also many smiles and new friendships forged between our service users.

Our objectives are still to support older people in the South Leeds community when they are most socially isolated (weekends, evening, bank holidays and Christmas Day). As well as, fostering community spirit and forge relationships with local residential homes and support groups to help those who are most vulnerable.



In order to continue supporting our service users we need your help, be it by booking a place at our fundraising event or gifting prizes for our raffle and auction. Please do get in touch if you would like to get involved.



Keep an eye on our Facebook page for further details and how to book your place.



## Featured Senior Citizen

We had a little chat with **Colin**, a lovely gentleman who benefits from our work, to get his insight on how we are helping him.

Colin told us that he has made lots of friends since being with us and with a cheeky smile on his face says that what he enjoys the most is the food!

Here is more of what Colin had to say:



*"I love the food, we get a good hearty meal which some people, like myself, wouldn't go through the trouble of making and it is something to look forward to and a reason to get out of the house. Otherwise I would be home in my flat twiddling my thumbs, alone."*

*"This charity means everything to me. You look after me and I really enjoy coming to your functions and being involved and I am really grateful for what you do."*



## SOCIAL ISOLATION AND OLDER PEOPLE

In 2019, CBFT surveyed **60 older people** who regularly use our services to understand better what their needs are and how is the charity impacting their lives.

We asked them **“If you didn’t come to this session today, what would you be doing/feeling”**

|  |           |
|--|-----------|
| I would be spending time with family and friends       | 19        |
| I would be pursuing a hobby                            | 6         |
| I would be quite happy at home doing nothing           | 5         |
| <b>I would feel lonely</b>                             | <b>39</b> |
| I would be bored                                       | 32        |
| I would feel anxious                                   | 12        |
| <b>I would not have anyone to speak to all weekend</b> | <b>36</b> |
| <b>I don’t think I would leave the house</b>           | <b>41</b> |
| <b>I don’t think I would eat properly</b>              | <b>35</b> |



**65%** said they would **feel lonely** and **less than 20%** said they **would spend time with family and friends** if they weren't attending the CBFT session and only 8% felt they would be happy at home doing nothing.

This experience is reflected nationally. Did you know, according to *The Age UK Evidence Review on Loneliness (July 2014)* the following key statistics were highlighted, amongst others:

Over **1 million older people** say they are always or often feeling **lonely**

Nearly half of older people (49% of 65+ UK) say that TV or pets are their main form of company

Loneliness can be as harmful for our health as smoking 15 cigarettes a day

People with a high degree of loneliness are twice as likely to develop Alzheimer's as people with a low degree of loneliness

Only 46% of over 65s said they spent time together with their family on most or every day, compared to 65%-76% for other ages. 12% of over 65s said they never spent time with their family.

Nearly half (49%) of all people aged 75 and over live alone

Nearly 200,00 older people in the UK do not receive the help they need to get out of the house or flat.

A recent report by the British Red Cross and the Cooperative; *Trapped in a Bubble (2016)* also outlined the impacts of loneliness and the urgent need to address it in our society:

Biological impacts: increased fatigue, low levels of wellbeing, lower energy

Psychological impacts: stress, anxiety, mood disorders, hypervigilance, low confidence, negative emotions, suicide ideation

Social impacts: shutting themselves off, engaging less, taking less care of appearance and hygiene

## HOW CAN YOU HELP OLDER PEOPLE KEEP WELL THIS WINTER

The combination of cold weather and loneliness could be lethal in the coming months. You do not need to be a charity or spend money, "simple acts of companionship" could make all the difference.

### START A CONVERSATION

It's not always easy to know who or how to help. A good start is simply to stop and talk to an elderly neighbour if you pass them on the street.

If you think an older person may have trouble hearing or has memory problems, make sure to speak clearly (but don't shout!).

Pause between sentences and questions to give them chance to digest the information. And allow a little extra time for them to respond – don't hurry them.

### OFFER PRACTICAL HELP

Do you know an older person who lives alone, rarely leaves the house, has recently suffered a bereavement, is in poor health, disabled, has sight or hearing loss, or doesn't seem to have close family living nearby?

Ask them if they need any help with tasks such as shopping, posting letters, picking up prescriptions and medicines, or dog-walking. taking out the rubbish, changing light bulbs, fastening sash windows, clearing snow off the path, putting up pictures, and so on.

### SHARE YOUR TIME

Volunteer for organisations that support older people like CBFT. Or join a "befriending" schemes for isolated elderly people, that rely on volunteers for one-to-one contact as a telephone "buddy", visitor or driver, or hosting social events for groups.

### SHARE A MEAL

Older, isolated people often need a hand cooking for themselves, so why not take round an extra plate of hot home-cooked food, or a frozen portion they can heat up or microwave?

As well as being practical, it's a nice way to share your time with a neighbour.

Try to provide the meal in a container that you don't need back – it's hard work for both of you to keep track of serving bowls.

## KEEPING YOUR WELLBEING IN CHECK THIS WINTER

Stay hydrated. Keep those cups of water or even teas going

Get your free flu jab (free if you are aged 65 years or over, have a long term health condition or are a care.

Wrap up well when you go out in the cold

Make sure your home is warm enough (ideal temperature is about 21 degrees in a living room and about 18 degrees in your bedroom).

Keep moving - Try not to sit still for more than one hour at a time. Even if just move your arms and legs, it'll help keep you toasty.

Eat well - Aim for at least one hot meal every day as well as warm drinks throughout the day.

# Regular Lunches and Breakfasts

ALL MEALS HAVE TO BE BOOKED IN ADVANCE, SO THAT ENOUGH FOOD IS AVAILABLE ON THE DAY

|   |                                       |  |
|---|---------------------------------------|--|
| Sunday Lunch Club   | 1 <sup>st</sup> Sunday of every month | Acre Court                             |
| Sunday Lunch Club   | 2 <sup>nd</sup> Sunday of every month | The Vale Circles (Tunstall Road)       |
| Sunday Lunch Club   | 3 <sup>rd</sup> Sunday of every month | The Vale and Cleveleys Court (Holbeck) |
| Sunday Lunch Club   | 4 <sup>th</sup> Sunday of every month | The Vale Circles (Tunstall Road)       |
| Easter Sunday – 12 <sup>th</sup> April we are open, however time and place is to be confirmed |                                       |  |
| Breakfast Club at Acre Court  |                                       |  |
| December  | Wednesday 4 <sup>th</sup>             | Wednesday 18 <sup>th</sup>             |

## Upcoming Events

PLEASE CONTACT US TO BOOK YOUR PLACE

|   |   |                           |
|---|---|---------------------------|
| Christmas Fayre   | Saturday, 23 <sup>rd</sup> November       | Free                      |
| Elsecar Christmas Market                                | Sunday, 24 <sup>th</sup> November         | Free                      |
| Christmas Party at Irish Centre                         | Friday, 6 <sup>th</sup> December (7PM)    | Fully booked              |
| Christmas Dinner with Kathy Ryan                        | Sunday, 22 <sup>nd</sup> December         | £3.50                     |
| Delivering Christmas Dinner to users who spend it alone |   | 25 <sup>th</sup> December |
| Valentine’s Special at Croppers Arms Lunch and Bingo    | Tuesday, 11 <sup>th</sup> February 12-3PM | £8 plus transport         |

If you would like to get involved with any fundraising events to support us please do get in touch.

### FOOD HYGIENE RATING

CBFT underwent an inspection at Acre Court by a Food Safety Officer from the Environmental Health Service and we are pleased to have been awarded a 5 star rating.



The inspection involves a full check on how hygienically food is handled, how we record and declare allergies and that all kitchen equipment is to the correct standard.

# Job Vacancies

## VOLUNTEERS NEEDED

Are you inspired to help at our breakfast clubs, galas, Christmas dinner deliveries or be an invaluable fundraising wizard?

Volunteers are vital to keep our activities going and there are plenty of ways in which you could help us out at the Ciaran Bingham Foundation Trust and we will provide you with any training that will help you carry out your duties.

Whatever time you can commit you would be part of a friendly, welcoming team. You will have fun, feel like you are making a difference in someone's life and have something amazing to put on your CV.



We also welcome students on work placement and companies looking for team building challenges in the community.

## WINTER WORD SEARCH



## WORDS TO FIND

|          |              |          |              |
|----------|--------------|----------|--------------|
| BLIZZARD | WINTER BOOTS | SNOWBALL | SNOW         |
| COLD     | FIREPLACE    | SNOWSUIT | SNOWMAN      |
| FROZEN   | GIVINH       | CHILLY   | ICICLE       |
| HAT      | HOLIDAYS     | FROSTY   | WIND         |
| ICE      | ICESKATE     | GLOVES   | WINTER BOOTS |



# Ciaran Bingham Foundation Trust

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Acre Close

Middleton


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Phone: 07535840424

Registered Charity Number: 114963

Website: [www.cbft.co.uk](http://www.cbft.co.uk)



 <https://www.facebook.com/TheCiaranBinghamFoundationTrust/>

 @CB\_FT

## USEFUL CONTACTS

**NHS 111** 24-hour helpline in England for advice on urgent but non-life threatening symptoms.

**Leeds City Council 0843 515 8237**

**Age UK Leeds 0113 389 3000.** Offers advice and support for older people as well as befriending services where volunteers befrienders visit or telephone lonely older people in the community who have no one to talk to.

**Independent Age 0800 319 6789.** Provides advice and information for older people, their families and carers.

**Alzheimer's Society 0300 222 1122.** Offers advice, information and support to people with dementia, their families and carers through its helpline and local offices

