

Community Partnerships

Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

Spotlight on



Embracing Age

Volunteering is an amazing way to improve your own wellbeing - why not try it!

People might think that care home residents can't be lonely in a communal environment, but there's a huge difference between being surrounded by others and having meaningful connections.

In fact, research shows that care home residents are twice as likely to feel severely lonely as older people living in the community.

Embracing Age

Is a Christian charity bringing joy and community connection to care home residents through trained volunteer befrienders and sending handmade cards, flowers and craft gifts.

The cards make a big difference, as one resident said, "they brighten my day ... and I know I'm not alone."

Could you offer some time to bring regular companionship to a local care home resident, or do you have creative skills to make cards or gifts either regularly or occasionally?

To find out more, please visit www.embracingage.org.uk or contact Jane: westsussex@embracingage.org.uk

For Christian carers:

Are you an unpaid carer for a loved one at home or in care?

Come and join Embracing Age to connect with others, share experiences, encourage one another, and pray together.

Online Zoom groups: Wednesday 7.15pm and Thursday 3pm

Weekly Message: For encouragement and news sent to your inbox

Facebook group: (private)

Contact Details:

Email: carers@embracingage.org.uk

Website: www.embracingage.org.uk

Facebook: [Embracing Age](#)

Instagram: [embracingageuk](#)

Linkedin: [Embracing Age](#)

**For help, advice, and information
or to share your story.**

Healthwatch is your health and social care champion.

If you use GPs and hospitals, dentists, pharmacies, care homes or other support services, we want to hear about your experiences. We have the power to make sure NHS leaders and other decision makers listen to your feedback and improve standards of care. We also help people to find reliable and trustworthy information and advice.



**Last year, we helped nearly a million people like you to have your say
and get the support you need.**



If you are setting up or would like to share news of a similar project we would be interested to hear. you. Please contact Cheryl Berry, Community Partnership Lead:
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