



READ OUR WEEKLY TASK LIST ON HOW TO
**GIVE LONELINESS THE
HEAVE-HO IN YOUR
COMMUNITY**

www.macklincarehomes.com

www.ageNI.org

The Community is key to tackling loneliness, at Macklin Care Homes we decided to create an easy to follow weekly task list to help YOU reduce the number of people feeling lonely in your community...

Give yourself the challenge of completing the task list each week and we guarantee you will have made a difference and will certainly have enjoyed the process along the way!



WEEKLY TASK LIST



DAY ONE - Make time to chat with an older neighbour - ask how they are and offer help if it's needed. Lift the phone to an older relative and let them know you are thinking of them. Often a simple smile or 'Hello' can brighten some-one's day - let them know you care.



DAY TWO - Brrrrrrrrr!!! Winter weather can present all kinds of challenges – could you clear an older neighbour's steps or pathway from snow or ice? Why not offer to collect an older neighbour's groceries or help them to make an essential shopping visit if the weather's bad?



DAY THREE - 'Food for Thought' - Extra place at the table or an extra bowl of soup or traybake - share the love - your actions speak louder than words! Sharing a meal with someone is one of the most natural and sociable experiences that we can all enjoy, no matter what our age!



DAY FOUR Listen and find out what they enjoy, perhaps you could reignite a long lost hobby - or even better, try it with them! Reminiscing about fun times is an uplifting experience and sharing these memories can have a very positive impact.



DAY FIVE - Have Fun! Many organisations run courses and events, so is there something more you could do to get older people involved? Check out the events on at the local church or community group and don't forget about the Macklin #FriendshipDays!



DAY SIX - Look at ways to celebrate the contribution of older people to your organisation or community and make the most of their insight and expertise.



DAY SEVEN - Remind an older relative or neighbour about Age NI's Advice Line where plenty of advice, care and support is all readily available – 0808 808 7575



A date for your diary... 15th January 2019

Each of our Homes will be organising a #FriendshipDay afternoon tea party on 15th January 2019 to invite members of the community in for a good old cup of tea and a natter! Contact numbers for each Home are available on our website macklincarehomes.com