

For further information visit: www.cyrilflint.org

Calling all local businesses and community groups.

Are you up for the challenge?

Get involved with the Cyril Flint Befrienders Accumulator Challenge 2019 and compete alongside other local companies, organisations, schools and local groups in a bid to win recognition for:

- Most Funds Raised
- Most Innovative Idea
- Best Publicity Piece

The challenge is straightforward:

Each group/organisation willing to take part will be given a starting fund of £100.

You will then have a six month period, 1st May – 31st October to turn this £100 into as much money as possible for Cyril Flint Befrienders.

The charity will help and support you with suggestions and ideas for fundraising and publicity in the local press, wherever possible.

The aim of the Accumulator Challenge is to bring together local businesses and community groups in a bid to help raise funds to support the work the charity currently does in supporting lonely and isolated older people in the Trafford and South Manchester communities.

At the end of the challenge, we all come together for an evening of celebration and the announcement of our award winners!

Cyril Flint Befrienders

Cyril Flint Befrienders is an established befriending service working to combat social isolation and loneliness in older people by supporting them to develop a new friendship. We rely on Volunteers to spend an hour a week to visit a person (usually in their own home) befriending that person on a regular one-to-one basis. This may be someone who lives alone who has little or no contact from friends and family and potentially has limited community support.

You will probably be aware befriending is a distinct type of support, which is entirely different to the practical or functional day-to-day support provided by the statutory services or other paid workers, who are under a professional obligation and this has resulted in 50% of our befriendees advising that having a befriender has helped to boost their self-esteem. 93% feel less lonely and 77% less isolated as a result of our service.

Current facts regarding loneliness:

Loneliness has become a chronic situation and is affecting older people's physical and mental health.

It is vitally important that as we age we maintain strong links with our local community and feel as happy in our homes as possible.

Many people living with dementia still live in the community, many feel trapped in their own homes, with almost one in 10 only leaving the house once a month.

We currently befriend over 100 older people in Greater Manchester thanks to our dedicated and enthusiastic volunteers and are keen to help more lonely people. We are reliant on grants and fundraising to continue operating and are currently seeking teams to participate in our annual Accumulator Challenge!

If you would like to hear more about the work the charity does or if you would like to become a volunteer either as a befriender, office assistant or a fundraiser please contact:

Alex Neil Cyril Flint Befrienders Operations Manager on 0161 942 9465 or email: alex.neil@cyrilflint.org