

Getting **more** out of life

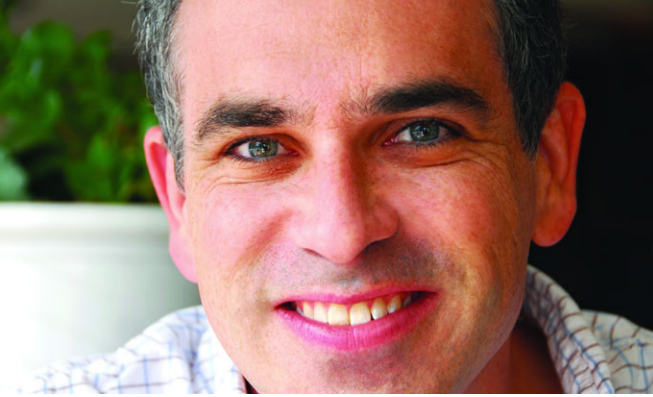
Explore new experiences

Get out and about

Make new friends

Learn new skills...





Getting ou

What is this service?

This is a **free service** for people **aged 50 or over** who feel they have had some kind of a down turn in their lives, perhaps because of bereavement, disability or illness either themselves or sometimes because of caring responsibilities for someone in their family. It is for people who have a loss of confidence, are feeling lonely or isolated.

If this is you we would like to help.

Our aim is to help you choose, find and enjoy activities and social opportunities to re-build confidence and enjoyment of life. We tackle isolation and downturns in life with a “healthy living” approach, tailoring solutions and opportunities to your own needs and wishes. We have helped people in a wide range of situations, whether they are working, wishing to work, or retired. We also help people whose first language is not English – through our main service (for people from Polish and other European backgrounds) and through the Sahara project.

‘Sahara’ Sahara helps people (aged 45 and above) who are from broadly Asian or Chinese backgrounds who may need a service in their own language.

more out of life

Who is this service for?

The service is for you:

- If you are experiencing difficulties because of isolation or you are at risk of isolation. It may be that you live in a rural area with little or no public transport or in an area with no sense of community belonging. You could be lacking supporting networks around you or have recently moved to a new area which you do not know very well.
- If you have had a recent life change, perhaps you have lost a loved one or perhaps you or a member of your family has an illness, a physical or sensory impairment or a disability.
- If you are experiencing stress through every day life, maybe you are having problems managing your money or maybe where you are living is causing you distress.

The service is most likely to be of benefit to you if you have been affected by loss or isolation, if your habits have changed and you are ill or at risk of suffering ill health as a result – in particular mild depression or anxiety. We can also help some people with dementia. Increased social contact and activity can help many people with depression, anxiety or a long term medical condition.

We sometimes refer to this service as the **Community Mentoring Service**.

If you just want to know what is available in your area, or would like to establish a social or activity group in your area we can help too. Many people who have come to our service wanting help are now helping others.

Unfortunately, the service is not able to help you if you have a history of violence, moderate or severe dementia or serious mental health problems including drug or alcohol dependency.



Who is providing the service?

If you live in Exeter:

Link2 (Age Concern Exeter)

Call us on **01392 454383** or **202092**

Email us at **link2@ageconcernexeter.org.uk**

Visit the Age Concern Exeter website at: **www.ageconcern.org.uk**

If you live outside of Exeter:

Time for Life (Age Concern Devon, Upstream and Westbank) is providing the service across the County.

Call us on **0845 296 7997**

Email us at **info@timeforlife.org.uk**

Visit our website **www.timeforlife.org.uk**

The Sahara project is offering a specialist service across the County for people of broadly Chinese and Asian backgrounds.

Call us on **01392 314753**

Email us at **saharaproject@googlemail.com**

[Please note that the service is not available to people who live in Torbay or Plymouth which are not part of Devon County for these purposes.]

What will happen next?

We will arrange for the local coordinator to get in touch and arrange to visit you so that you find out how a community mentor can help. It may be that we only need to point you in the direction of other organisations that will be able to help you or if you need more help we will work together to plan what you would like to achieve with the help of the service. This may include having a mentor working alongside you for up to 12 weeks. Every person is different and needs something different from the service and so each plan will be individual.



Get in touch and find out more

We would like to invite you to find out more about how we can help you **get more** out of life.

The service is funded through a partnership between health trusts, social services and the voluntary sector, to improve the way we provide care for older people in Devon. It is one of a number of ways this partnership is aiming to support people's wellbeing, and encourage them to remain healthy and independent for longer.

