



Lifelinks 50+

Linking people
to one another
and their communities

What is Lifelinks 50+?

Lifelinks 50+ is a service tailor-made for you:

We can help you:

- pursue your hobbies
- discover new interests
- make new friends
- get out and about
- build confidence

How do we achieve this?

Through a mix and match of:

- mentoring
- befriending
- telephone befriending
- peer support networks

What is mentoring?



Mentoring is a way of supporting you to do things independently that appeal to you e.g. educational classes, recreational and leisure activities, volunteering, joining groups of people with similar interests. We will work with you on a one to one basis and help you to gather information, build self-confidence and if you wish, accompany you to your chosen activity until you feel able to go alone.

What is befriending?

Befriending is a way of providing you with long term companionship. Depending on your preference this could involve coffee and a chat in your home, or getting out and about.

“Linking
people
to one
another”



What is telephone befriending?



Telephone befriending is a way of keeping in touch with you whilst you are waiting to be matched with a mentor or befriender. If, however, this is an alternative form of social contact that you would prefer, we can arrange to call you on a regular basis for as long as you require.

What are peer support networks?

Peer support networks are a way of meeting other people who are involved with LifeLinks 50+.

Get-togethers are arranged in mainstream settings e.g. in a coffee shop or pub and give you the opportunity to meet with others, make new friends and offer support to one another. Groups are facilitated by Onside and the supporter will work with group members to pursue shared interests and activities e.g. theatre visits, meals out etc..

“Linking you to your
community”

What people say about 50+

"I never thought I'd be strolling around the shops and enjoying it, it will be lovely to see the shops at Christmas"

"I'm really looking forward to this morning's meeting, everyday I'm getting stronger and stronger. I didn't run home from town on Friday as I would have done, I looked around the shops and I bought a pair of slippers"

"It's all I can do to stay indoors now, my calendar has something on nearly every page, last year there was nothing. It's been barely six months - I don't know what I would have done without these people".

What next?

If you feel that you or someone you know could benefit from LifeLinks 50+, then don't delay, contact us either by:

- telephone on 0844 248 9248 when you can speak to a friendly Gateway Worker about how best we may be able to help you
- Email lifelinks@onside-advocacy.org.uk
- by post to Williamson House, 14 Charles Street, Worcester, WR1 2AQ



About Onside

Onside was established in 1993. The work of Onside stems from a belief that everyone has the right to be valued as a human being and to be treated in a just and fair manner.

Onside manages a team of paid and unpaid workers who provide free, confidential support to people facing disadvantage, discrimination or exclusion.

Onside is committed to providing a quality service that is independent, responsive, and focused on individuals.

Contact Onside

Telephone 01905 27525

Referrals 0844 248 9248

Email info@onside-advocacy.org.uk

Website www.onside-advocacy.org.uk

Address Onside, Williamson House, 14 Charles Street, Worcester WR1 2AQ



Lifelinks 50+

Helping people
over 50 in
Worcestershire to get
the most out of life

