

Referral/self-referral form

If you would like to refer someone who may benefit from help, please add their contact details below. If you would like more information about the programme, please complete your details.

Name

Address

Phone

Email

Please send this form to:

If you would like to volunteer, please see overleaf.

DATA PROTECTION

Any information you give us will be treated as confidential and only used for the purposes of this project. Should we wish to use it for any other reason, we will seek your permission before doing so.



2010 European Year for Combating Poverty and Social Exclusion

Across Europe, governments are running programmes for EY2010. In the UK, CSV/RSVP is working with Age NI (the new charity combining Age Concern NI and Help the Aged in Northern Ireland) to deliver the Older People's project with funding from the DWP. The programme is designed to remove barriers holding older people back, to offer them advice and support at grassroots level so as to help them tackle poverty and social exclusion.

CSV/RSVP and Age NI's EY2010 Project

We will address these significant issues for older people by:

- Increasing public awareness of the issues
- Reviewing and sharing good practice
- Training a network of community volunteers to reach out to older people to provide information, establish links with organisations and assist older people to make positive choices with support from their peers and/or professionals
- Distributing information to older people and stakeholders
- Leaving a lasting legacy of digital stories highlighting some older people's experiences and what helped them
- Leaving a legacy of community volunteers to help others

RSVP is the Retired and Senior Volunteer Programme at CSV. CSV creates opportunities for people to take an active part in the life of their community through volunteering. CSV is a registered charity no. 291222 and a company limited by guarantee no.1435877. www.csv.org.uk/www.csv-rsvp.org.uk



What is poverty?

Poverty is a condition in which a person or community is deprived of, or lacks the essentials for, a minimum standard of well-being and a decent quality of life. Poverty is much more than just not having enough money.

What causes poverty in older people?

- Lack of access to goods and services
- Lack of knowledge of benefits available
- Loss of paid work due to age
- Reliance on state pension alone
- Poor take up of pension credits
- Age limits for disability benefits
- High fuel bills and hard to heat homes
- Poor housing conditions and living alone
- Inequality due to age/race/citizenship

Routes out of poverty

- Signposting places offering advice on benefits and services for older people
- Accessing full benefits and pension credits
- Grants to help combat fuel poverty
- Advising older people of training and other opportunities available to them
- Advice on money management services

Taking the first step

- Visit your local Citizens Advice Bureau
- Get in touch with your local Age Concern

What is social exclusion?

Social exclusion relates to the alienation of certain people within society. In older people, isolation and loneliness are not necessarily effects of the ageing process, but life's events associated with older age put older people at greater risk.

What causes social exclusion in older people?

- Declining health, mobility and disability
- Bereavement and living alone
- Retirement or caring responsibilities
- Age unfriendly spaces, poor transport
- Ethnicity, religion, sexuality, language
- Unsafe spaces and fear of crime
- Lack of confidence with and access to new technology
- Poverty

Routes out of social exclusion

- Getting people active in their community
- Ensuring contact with peers and others
- Linking people to services and activities
- Buddying so people feel safer and secure
- Learning to use new technology
- Volunteer in your local community

Taking the first step

- Visit your library for information on activities
- Ask your council about older people's services
- Visit local community centres and groups
- Ask faith centres about older peoples groups

Help us make a difference

Ever thought of volunteering? You could make a real difference in your community by reaching older people that need you. As a Networker volunteer, you would help combat poverty and social exclusion amongst older people. You can donate as much time as you choose to fit around other commitments.

Who can become a volunteer?

Anyone, particularly those aged 50+, resident in the UK and willing to volunteer in their community to:

- Raise awareness of the causes, prevalence and consequences of poverty and social exclusion
- Distribute information about the project to peers
- Help tackle poverty and social exclusion amongst older people through talks to older peoples groups and other community organisations
- Provide direct support and information to older people about services/benefits available to them
- Help older people grow in confidence and become more self reliant.

If you would like to volunteer, please contact us at: