



MANCHESTER CARES

Love Your Neighbour Update - We have Volunteers Waiting

Hi there,

Welcome to our first Love Your Neighbour community newsletter: **A quarterly dose of inspiring stories, need-to-know news, and information for Manchester Cares referrers.**

With your help our network has grown to include an incredible 436 older neighbours, who each month share weekly conversation, company and laughter with younger neighbours through our Social Clubs or Love Your Neighbour programmes.

A year of friendship at Manchester Cares!

Next month our Love Your Neighbour programme will turn one and with over 20 brilliant friendships, we have a lot to share from our first year.

We introduced [Kathleen and Sharlene](#) in June, and since then they have met up 39 times, spending 90 hours in each other's company! They've even shared their friendship on BBC1 ([Check them out on Sport Relief film here!](#))

Sharlene (29) says "I really appreciate having Kathleen in my life. It's a mutual friendship. I don't see it as an intergenerational friendship. I just enjoy spending time with someone who I click with." Meanwhile Kathleen (90) said, "**You feel there's someone there that you can turn to. I'd encourage any older people to have a go**".



Why are young people so keen to get to know their older neighbours?



Becky (24) is a charity worker and was at our first ever volunteer induction back in 2017. She has been to lots of Social Clubs and is friends with Jim (89) through Love Your Neighbour and they have been hanging out each week for nearly a year.

Becky: Over the last year **I have loved getting to know Jim. He genuinely makes my weeks better.** I really look forward to seeing him and learning about his wonderful life.

Even though there are 65 years between us, **our outlook and attitude to life is really similar and it's so inspirational** for me to get to know someone who has lived their life with such similar morals and principles to my own.

Through our friendship I have also gained a whole **new perspective on my life and felt supported**, which is so powerful when it comes to life decisions.

To read about Becky and Jim's friendship in full [click here](#)



For Summer (25) who joined Manchester Cares as she believes “**So much stuff gets lost and dismissed when you isolate a generation.**” She believes that friendships are also key to improving happiness and are an opportunity to learn from each other.

To read more about Summer's story [click here.](#)

We have a waiting list of volunteers, ready to be matched up with their older neighbours!



We have lots of volunteers just like Becky and Summer who want to get to know their older neighbours, especially in Chorlton, Whalley Range and Ancoats. Above is a map of their locations. If you know someone aged over 65 who would enjoy spending an hour or two each week getting to know a younger neighbour, refer them by clicking on the button below

[**Refer Older Neighbours Here**](#)

We also want to increase our reach, utilise even more of the wonderful community spaces we have across our city, and meet even more older neighbours who might like to become a part of our Community Network.

Would you be willing to host a one-off activity in your space? This could be...

- A **Coffee & Quiz** in your **GP surgery waiting room** (like we did at [Cornbrook Medical Practice](#))
- A local **beer-tasting session** in your Communal Room at a **Sheltered Housing Unit**
- Or a **Holiday-from-Home** in your Church's hall (like we did at [St Edmunds Church](#) in Whalley Range).

Sound like your cup of tea? If so, please get in touch with Amy on amy.saunders@manchestercares.org.uk.

Please share this newsletter and help us tackle loneliness!

Over the past 11 months, younger and older neighbours have shared **289 one-to-one** visits which have totalled an incredible 547 hours! These visits have created genuine friendships, challenged views, increased connectivity, improved wellbeing and enabled lots and lots of laughter.

We'd love more people to get involved – and you can help us by forwarding this email to anyone you know who might be able to refer someone through to the programme.



Thank you so much for the support, time, energy, and effort you've put into helping us create the network we have today! 🍷

Vicky Harrold

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