

## CAREPLUS

Careplus is a small local charity providing a free volunteer support service to people who are over 65 (their 'clients') and live in the Borough of Bromley. There are a very large number of older people in Bromley, and as so often happens nowadays, many have little or no family or friends and find it hard to get out of the house.



### **Befriending, supporting and assisting older people in Bromley**

Careplus volunteers, who are all DBS-checked, normally give 1 to 2 hours a week or fortnight, and currently assist clients, most of whom are in their 80s or 90s, mainly by shopping and offering telephone befriending. Before the pandemic they also befriended in person, helped with transport to medical appointments, simple personal administration and occasionally with light gardening. These tasks are being gradually reintroduced as the country comes out of lockdown.

Cooking, cleaning or personal care are not covered.

It is hoped that Careplus' free gentle exercise classes in central Bromley will also start again, depending on availability of suitable accommodation, as well as outings, coffee mornings and tea parties for clients.

The beliefs which guide Careplus' work are:

- No one should be left without friendly human interaction, which is vital for good mental health
- Older people should be supported to be independent and live in their own homes for as long as possible
- Volunteering is a win-win activity, benefiting not only the wellbeing of the client, but also the volunteer!

This client of 89 asked to share this:

*"I don't know how I would cope without Careplus, who have given me so much support of all types over the last few years!"*

*Just recently my false teeth broke one morning and because of lockdown it looked impossible to get them repaired anytime soon. I was very worried as I can't really eat without them. But my volunteer managed to get my dentures to the repair shop and back by supper time the same day. I was so relieved!"*

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