



JANUARY 2025

www.brightlife.charity

BRIGHTLIFE

A LOCAL CHARITY FOR OLDER PEOPLE

BRIGHTLIFE

Welcome
to
January's
Newsletter



Our Telephone Befriending Service enables a team of trained volunteers to make calls each week to older people who have little to no human contact.

In This Issue...

- Welcome to the New Year
- Derbyshire Libraries Newsletter
- Healthy, Warm and Well booklet 2024/25
- Latest News From Brightlife
- Information for Carers

TO REFER AN OLDER PERSON TO THE TELEPHONE BEFRIENDING SERVICE OR TO VOLUNTEER WITH BRIGHTLIFE AND MAKE CALLS TO OLDER PEOPLE WHO ARE LONELY AND/OR ISOLATED

**CALL 01246 273333 OR EMAIL
ENQUIRIES@BRIGHTLIFE.CHARITY**



[Read HERE](#)



**Derbyshire Libraries
eNewsletter**



Support with the Cost of Living

If you're worried about the cost of living rise there's help and support available locally.

This leaflet has information about some of the key support available across Derbyshire.

You can also find more advice and information at www.derbyshire.gov.uk/costofliving and also at www.ruralactionderbyshire.org.uk/foodbanks



Don't miss out. Visit: www.derbyshire.gov.uk/costofliving



HELPING YOU TO CLAIM YOUR ENTITLEMENT

Welcome to the first newsletter of 2025

We hope everyone had a wonderful Christmas and New Year, staying warm and safe.

As temperatures drop, it's essential to remain warm, dry, and well-hydrated. Derbyshire County Council has created an information booklet titled "Healthy, Warm and Well 2024/2025." This guide provides details about council, health, voluntary, and community services available in Derbyshire for the upcoming year.

To request a copy of this year's booklet via email or mail, please reach out to greg.stenson@derbyshire.gov.uk.

If your New Year's resolution includes volunteering, consider joining us at Brightlife! Just a few hours each week can make a significant difference in someone's life.

Whatever your plans may be, we wish you all a happy and uplifting New Year.

Ann Monk - CEO, Brightlife



Revitalising the Heart of Chesterfield



**CHESTERFIELD
BOROUGH COUNCIL**

Keep up to date with the regeneration plans for Chesterfield Town Centre

[Read HERE](#)



Call free on 0800 4 70 80 90

The Silver Line is Age UK's 24 hour telephone service for older people.



Social Events & Activities

Chesterfield Care Group

Offers a variety of social groups, including gentle exercises, arts and crafts, quizzes and games, singing groups, gardening sessions, walking groups, and reminiscence. They also have dementia groups and a carers group.

Senior Spireites

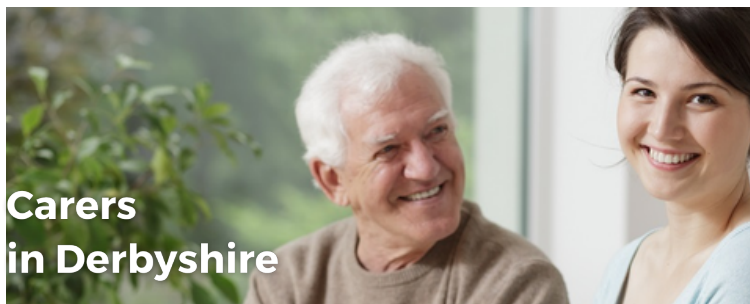
A program from Chesterfield FC Community Trust for people aged 55 and over, with activities including a gentle exercise and social club.

Chesterfield Borough Council

Offers a variety of classes, including Zumba Gold, a chair-based fitness class, and a preventing falls class. They also have free Walk With Us group walks.

Age UK Derby and Derbyshire

Offers a series of short videos with simple exercises to help improve mobility, cardiovascular fitness, balance, strength, and flexibility.



Carers in Derbyshire

Do you provide unpaid support with daily living tasks or personal care for someone who couldn't cope without your help? If so, Derbyshire County Council have a range of support services to help you with your caring role.

Anyone can become a carer and carers come from all walks of life, and can be any age. Many feel that they're doing what anyone would do in the same situation.

Click '[here](#)' for help, advice, and support or call DCA on 01773 833833. Follow DCA on [Facebook](#) and [X](#) for news, updates, and events.

Help us in our fight to reduce loneliness

As the cost of living continues to bite, our free services offer a lifeline to isolated older people in Chesterfield who are finding times hard.

Your generous donations help us to continue providing essential services to our community. Consider supporting us with a financial contribution, big or small, and be a part of the change!

To find out how you can donate, follow the link to our website www.brightlife.charity/donate



Loneliness Doesn't Take A Holiday

In 2024, our Brightlife volunteers made 4500 calls, helping to reduce loneliness and isolation in Chesterfield

