

# GALWAY CONTACT



*Befriending*

*Social Outings*



*Transport  
for Outings*



*Personal alarms*



**Organisation for Older People**

## **Galway Contact**

Galway Contact is a registered charity and voluntary organisation founded in 1981. Our main aim is to help older people who may feel lonely and isolated, through regular visits, social outings and personal monitored alarms. We offer a hand of friendship, a friendly face and a supportive voice for our older people in Galway.

## **Mission Statement**

Our mission is to offer innovative and supportive services to older people and their families in the Galway community, through one-to-one befriending, social inclusion and the Seniors Alert Scheme for personal alarms. Our values are to be caring, passionate, respectful, honest and inclusive.

## **Befriending**

Our befriending service covers Galway City and environs. Our volunteers visit older people who are living at home or in long-stay care. We receive referrals for visits from various sources such as

health professionals, family members and from the older person themselves. We only arrange a visit when requested and only with the consent of the older person. Every visit is completely unique and carried out in a very discreet, unintrusive and non-judgemental way. Volunteers are made aware of the need for confidentiality, sensitivity and commitment to their visit.



## **Volunteers**

Our volunteers are recruited through e.g. local papers, media, our website, word-of-mouth. Each volunteer is interviewed before being matched with an older person. We ask for a commitment of one hour per week and all volunteers must be Garda vetted before they start their visit.



## **Morning Club**

Our volunteers run a regular morning club where older people can enjoy themselves in a friendly atmosphere with various activities, refreshments and most of all the opportunity to meet and chat with others while feeling part of their community. We provide transport for those who need it and who would otherwise not be able to attend.

## **Transport**

As well as providing transport to our own social club, where possible we support some other organisations who work with older people and who need transport assistance to their lunch/social clubs.

## **Annual Outings**

Throughout the year we organise several outings for our older people who live at home or in long-stay care. We provide transport where needed.

## **Seniors Alert Scheme (Personal Alarm)**

Galway Contact also processes applications for personal monitored alarms for older people living throughout Galway City and County. Our organisation feels that this service is very important because it allows older people to live safely in their own homes with confidence and independence and it provides peace of mind to them and their families.

## **Continue to Live at Home**

Through our services Galway Contact helps enable older people to stay living in their own homes for as long as they wish.

## **Information Centre**

We also help members of the public who contact us for information on various issues. In doing so we liaise and work with other organisations supporting older people.

# CALL US TODAY ON **091 867892**

- If you would like a visit from one of our volunteers
- If you know someone who would benefit from our service
- If you would like to apply for a personal alarm
- If you would like to join our organisation as a volunteer
- If you would like to help in any other way

If you would like to make a donation to Galway Contact to help us continue to deliver our services, call us today on **091 867892** or donate via our website on **[www.galwaycontact.ie](http://www.galwaycontact.ie)**

Galway Contact,  
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