

## Over 65 and feeling isolated?

Community Companions is a pilot project for the elderly in North Bradford to reduce loneliness and depression.

The aim is to improve older people's mental health through one-to-one support, improve access to services and promote wellbeing and self-care.

The project will initially start in the North Bradford area.



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If you would like to volunteer to be a Community Companion, we would like hear from you.

Visit our Mind in Bradford website and complete the volunteer application form.

e: [communitycompanions@mindinbradford.org.uk](mailto:communitycompanions@mindinbradford.org.uk)

## Community Companions



A new project to prevent loneliness and depression in the elderly community

 **Mind in Bradford**  
for better mental health

**CCGs working together**

Airedale, Wharfedale and Craven CCG  
Bradford City CCG  
Bradford Districts CCG

In conjunction with



**Muslim Health Service**

## Looking after our Elderly

Being housebound and living with poor mobility, hearing and vision can cause social isolation and make it hard to access services. This can lead to

depression, loss of interest, low self-worth, disturbed sleep and loss of appetite.

**Rates of depression among the elderly are increasing.**

That is why Mind in Bradford has partnered with the Muslim Health Service (MHS) to launch Community Companions.

## Who are Community Companions?

Community Companions are volunteers who will visit you and spend quality time with you.



They will help you find extra support in your local community and improve your wellbeing.

## Can we help you?

If you are over 65 and live in the North Bradford area and feel depressed because of loneliness or social isolation, you may benefit from one-to-one support.

Ask your GP for details on how to refer you to the Community Companions service or you may wish to self refer.

