

**If you'd like to find out more about the Social Inclusion Project, or the other services that Age UK Barnsley provides, please contact us by phone or email.**

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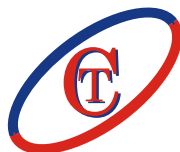
**[www.ageukbarnsley.org.uk](http://www.ageukbarnsley.org.uk)**

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Barnsley S71 1AR

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Barnsley S70 2JJ



Registered Charity Number 1144123



Barnsley Dial-a-Ride



Barnsley Dial-a-Ride



***Are you an older person?  
Do you live in the Penistone Area?***

***The Social Inclusion Project  
is here for you!***



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**No one should spend later life feeling alone and vulnerable. We want to make sure that no older person is forgotten or left to struggle on their own, wherever they live.**

## **The Social Inclusion Project**

There are over 4,000 people aged 65+ living in the Penistone area. For some people later life brings challenges that can lead to social isolation or loneliness. It might be due to poor health, difficulties getting out and about, living alone or simply not knowing about the variety of activities on offer or not being able to get to them. The Social Inclusion Project for the Penistone Area wants to prevent loneliness and isolation.

### **How can the Project help you?**

The Social Inclusion Project provides practical and social support so that you can get out and about, meet new people, join new activities and make the most of life.

You might just need some information about activities or pointing in the right direction, and we can also offer 1:1 support.

The **Good Neighbour Scheme** provides practical and social support for older people who need a bit of extra help.

For example, you might need:

- Occasional help to get your shopping or a prescription when you can't get out.

- Someone to phone or pop in to see you if you're not well.
- A friendly person to visit you regularly.
- A bit of help to do a simple task at home such as clearing snow or fallen leaves to keep you safe.

Unfortunately we cannot offer personal care such as bathing or getting dressed, but we can refer you to the right kind of help.

The **Transport Scheme** will provide lifts if you do not have your own car and are unable to use public transport. It will also provide **Travel Companions** if you'd like to use public transport with a companion.

### **How does it work?**

When you get in contact a Social Inclusion Worker will visit you at home for a chat about your situation and to find out how the project can help you. They may allocate a Good Neighbour, Driver or Travel Companion who will provide the help that has been agreed. All our volunteers and staff are vetted so you can rest assured you'll be in safe hands. There is no charge for using the service, but you will be asked to cover the costs of journeys in the Transport Scheme.

If you live anywhere in the Penistone Area you can get in contact about the Social Inclusion Project. The Penistone Area includes Penistone town, Thurgoland, Cawthorne, Crow Edge, Cubley, Hood Green, Hoylandswaine, Ingbirchworth, Oxspring, Millhouse Green, Silkstone, Silkstone Common and Wortley. If you're not sure whether your address is in the area just get in contact and we'll be able to tell you.