

Macmillan Coffee Morning with a spoonful of companionship for older people



The Macmillan Coffee Morning which Home Instead Senior Care is holding on 30 September at Castlebrae Business Centre will celebrate their five years in business, and will also bring organisations who offer companionship and befriending services together.

Research by Age UK suggests that around 1 million older people go for a whole month without speaking to anyone, so if you are interested in becoming a volunteer then you can find out more at this event.

Starting from 10.30am the coffee morning will be made extra special by cakes made by Mishia from the Harvest Tree in Edinburgh.

There will be information stalls manned by over a dozen organisations. Some of those who will be there include Community Connecting, The Singing Group for People with Dementia, Local Opportunities for Older People, Artlink Arts Access, Care & Repair, Contact the Elderly, Edinburgh Garden Partners and Meal Makers.

Joanna Senew owner of Home Instead Senior Care and the organiser of the day explained why she thinks it is so important to bring people together, "We are proud to be organising this wonderful day for older people, their family and friends and fellow professionals. The idea behind it is to help people to be better informed about what is available in the area. It will also be an opportunity to share ideas with both our visitors and the different organisations about

how we address the growing problem of social isolation amongst older people.

She added, "We will also be supporting the Macmillan coffee morning, raising money for this fantastic charity, one which is close to our hearts. The day should be a lot of fun and we welcome everyone to come along."

You can go along on the day or register [here](#).