

LifeCare will warm older people up this winter – with your help

The Stockbridge-based charity which provides care and support for older people is asking for help in their Winter Warmer appeal.

LifeCare which has its café and hub on Cheyne Street is issuing a plea for locals to use its café for coffee and lunch or to make donations to help them continue with their vital work.

The charity says that the high prices for energy and cuts to winter fuel allowance for some pensioners will make this a difficult time. LifeCare continues to experience rising demand for their free and subsidised services.

The services include meals on wheels delivering hot freshly cooked two course meals to older people at home, home help services including cleaning, shopping and prescription collections, wellbeing activities and hot drinks at the charity hub. They also run their free Saturday Social warm space providing hot food, activities and companionship from their Cheyne Street community hub every week. But the continuing increase in demand means that the charity requires more funds. The charity is calling on local people and businesses to get involved and give a donation to help deliver support to those that need it most this winter.

Sarah van Putten, Chief Executive of LifeCare said: “Local older people right here in Edinburgh face a very difficult

winter ahead. With the 10% increase on energy costs, continued high food prices and a reduction in benefits, it will be devastating for many. Last year we delivered over 5,000 free meals to those living on a low income. This year we anticipate needing to grow the service by a further 30% to help meet growing demand for this important service as more local older people struggle.

“We urgently need the support from local people and local businesses, to enable LifeCare to deliver services such as this which make a real difference to those struggling most.

“Thanks to our services, older people keep well in their homes, they have a warm place to visit, hot nutritious food to eat, have company to look forward to and are able to get out and about to activities safely. Over 75% of the people we support live alone, rising to over 85% of our Meals on Wheels clients. And as many of our clients can't leave their homes unaided, they would go for a very long time without any contact without our support.

“The frustration is that we know we can deliver the care that people want and need, but we are facing increased costs too. We are asking local people and businesses to consider giving a one-off or regular gift through our Winter Warmer appeal. Donations can be made on our website, or alternatively people can come along to our community café on Cheyne Street to pledge their support. Even choosing to have your coffee or lunch from our café will help us to deliver the care local older people need to ensure they continue to thrive at home.”

All money raised through Winter Warmer will go directly towards supporting older people in the city.

<https://www.lifecare-edinburgh.org.uk/> or call 0131 343 0940 to chat with the friendly team.

