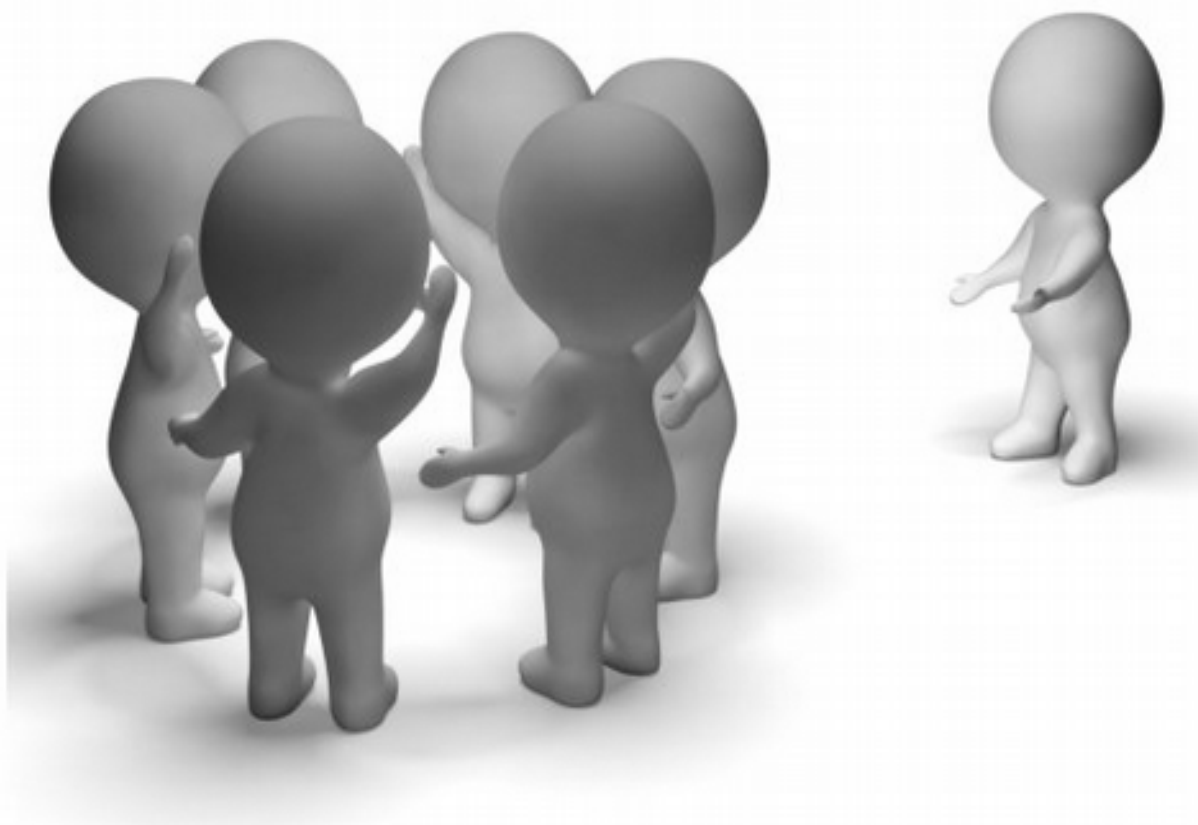


Can you help us grow?

Campaign Against Isolation and
Loneliness

Include  **Me**



Include Me C.I.C.

Loneliness

Include Me CIC is a social enterprise focused on tackling the growing problem of Isolation and loneliness in our local communities.

There are many reasons for the growth of loneliness within the United Kingdom, below are a few examples.

- Divorce and separation
- People living longer
- Changing demographics and family working practices
- Media and internet methods of communication and working

Knowing that the problem is there, is at least a start, the obvious question that follows is what to do about the problem of Isolation and loneliness. We at **Include Me CIC** decided the only way to tackle the problem was to engage with the community, so we started a regular morning friendship group for people to attend. We did not know what to expect when we set the venture up, except that we needed to do something to address the problem in a positive way.

The result of our group, which has now turned into a social event, is that people of all ages are now engaging with each other in a community environment and we know that "Isolation" is being addressed. A log of activities of what we have achieved so far at our group meetings can be found at the following website address.

www.includeme-org.org



How Are We Funded?

Initially the group has been funded by the Directors of **Include Me CIC**.

The group event has also been helped greatly by the volunteers who come along and work very hard to continue to deliver and develop the group activities.

We have received donations from several generous individuals, to whom we are very grateful which has helped support our activities

A Successful Year

From an initial idea with 2 people having tea and coffee, **Include Me CIC** is coming up to the 1st anniversary of our social group in September 2014 at Linksview, Woolton, Liverpool.

Bringing People Together

Bringing people together

For the year in which **Include Me CIC** has been involved in the on-going and increasing problem of loneliness, we have acquired extensive knowledge and experience. We are now in a position to expand our community involvement by opening up additional centres for our social group events.

Include Me CIC is different.

The Directors of the company look for value for money in the delivery of any service. The Directors of the company have their background in the commercial sector, where money needs to be spent wisely and the company needs to stay efficient. When other organisations are cutting back, we believe that by employing a true commercial approach, any funds which we manage, will be used efficiently and cost effectively.

What we need to expand?

In order to expand the fight against Isolation and loneliness, **Include me CIC** needs to secure funds from any willing organisation wishing to help us tackle these problems. The company needs to engage more within the community, but it takes time and money as people do not wish to admit that they are socially Isolated and lonely. Creating an environment of openness and friendliness are the first steps in deriving solutions to the problem.

Corporate Sponsors

We have recently received grants from the following organisations

Northwest Housing Services

Liverpool City Council Community Grant

What We Need to Fund

We need to fund the following for our organisation to tackle Isolation and Loneliness

- Staff costs
- Transportation costs
- Hiring of local facilities, such as a hall
- Insurance
- Activity costs
- Advertising costs
- Development of activities

From the above list all of these items cost time and money.

How You Can Help Us

Can You Help?

If you are part of an organisation that has access to funds that are dispersed for charitable or social responsibility reasons, then hopefully you would consider ***Include Me CIC*** for funding purposes.

Our Track Record.

As a company, Include Me CIC has now spent 2 years researching the problem of loneliness and spent 1 year actively engaged with a community group. The Directors of the company are now looking to expand their activities.

Willing to help?

If your organisation believes that we can contribute more to tackling the problem of loneliness and you have financial resources available which may be able to help our work, then please contact ***Include Me CIC***.

We understand completely that awarding financial resources to any organisation involves procedures and verification processes, which we would gladly assist in, providing information upon request.

Thank you for your valuable time in reading this document and if you can help please contact ***Include Me CIC***.

Our Events

Our Record

Our past and current activities can be seen at

www.includeme-org.org/events

Some of our activities and events include.

Knitting teddies for Cleft Palate Children in India.

Talent Shows

Easter Bonnet competition, judged by the Lord Mayor of Liverpool, Gary Millar.

Easter Egg hunt.

Summer Picnic.

Karaoke

Along with tea, coffee, socialising and music each week.



www.includeme-org.org
Facebook – Include Me CIC
Twitter – @IncludeMeCIC

Contact details

Include Me C.I.C
Unit House
Speke Boulevard
Liverpool
L24 9HZ
Tel. 0151 558 0845
email: info@includeme-org.org
