

Dear Reader

I am writing to you today to **appeal for donations** for the Winter Appeal that we are running here at [Making Connections](#). Like a lot of charities our services have been very much in demand since the outbreak of Covid.

We desperately need additional funding if we are to continue providing vital support to vulnerable elderly people in our community - people like Madge, who is 84 and lives alone in less than adequate conditions. Due to arthritis in her hands she is unable to cook for herself and before Making Connections stepped in, she suffered from extreme loneliness with deteriorating physical health.

Now, thanks to our volunteer service, Madge receives regular visits from one of our volunteers and is also provided with nutritious meals daily. I'm happy to report that her general health and wellbeing is improving gradually. **Simply put, Making Connections is a vital life line for Madge.**

Sadly, Madge's situation is not unique in Ireland. Throughout COVID-19, older people throughout the country reported that their greatest challenge was the sense of isolation and loneliness. For many, the loss of social engagement, losing friends, anxiety, depression and delayed medical treatment has resulted in a dramatic decline in health and wellbeing.

Over the past 18 months, In partnership with HSE frontline clinicians Making Connections has mobilized over 100 volunteers to provide a range of support:

- Delivery of over 12,000 nutritious meals in collaboration with Airfield, Dundrum
- Grocery shopping, pharmacy pick up and pension collection
- Alleviation of loneliness and isolation through befriending services

Though Christmas is a few months away, we want to secure sufficient resources, not only to maintain the quality of existing services, but to expand our services to those on our waiting list. I am writing to request your support. A donation would be gratefully received at this time and can be easily done (online or via bank transfer).

To make a donation [click here](#) or visit our website at www.makingconnections.ie.

For more information on the impact of our work, I invite you to have a look at our [Annual Report 2020](#). If you know someone who would benefit from Making Connections support, please feel free to contact us.

With best wishes on behalf of our Board of Directors, our generous team of volunteers and above all, from the older people we serve.

Sincerely yours,



Mary O'Donohue
Executive Director of Making Connections