

Tacking loneliness

Some Key Points

- Loneliness is a critical public health issue and is linked to a plethora of poor health outcomes.
- The EU Loneliness Survey (2023) revealed that Ireland has the highest rate of loneliness in Europe.
- Within this group, many older people are particularly vulnerable to the devastating impact of isolation and loneliness on their physical and mental health.
- In 2024, loneliness was the most common challenge for those referred to Making Connections

“Loneliness is the feeling of not being needed anymore for anything by anybody”



**making
connections**

Ageing is inevitable, loneliness doesn't have to be

Fundraising Information Pack 2026



Charity Registered Number (CHY): 21301 CRA
Number: 20149635 | Company Number: 559418



Vhi

**Women's
Mini
Marathon**



Who we are...

Making Connections is a registered charity. Our work focuses on empowering older people (65+) to live well, stay connected, and age independently at home. We believe that although ageing is inevitable, loneliness doesn't have to be.

History: Making connections is a volunteer led organisation with team of over 100 volunteers of all ages. We have supported thousands of older people experiencing loneliness and isolation in the greater Dublin area.

Our Vision: A community where no older person is lonely or isolated.

Our Mission: To alleviate loneliness and isolation by providing supports that empower people to stay healthy and socially connected.

Collaboration: HSE, local government, Volunteer Ireland, corporate partners.

Making Connections Supports

- ✓ We manage Walk and Talk Programmes in partnership with HSE
- ✓ We run Social Walking Programmes
- ✓ We support Hospital discharge
- ✓ We empower people to engage in local activities
- ✓ We provide volunteer befriending support
- ✓ We provide intervention supports e.g Living Well Programme| Smoking Clinics| Housing adaptation| Personal Alarm | Care & Repair | Helplines

Benefits for Older People

- Increases physical activity and social engagement
- Reduces clinician/GP visits and improves overall wellbeing
- Reduces hospital readmissions
- Links people to their community
- Reduces feelings of isolation and loneliness
- Empowers older people to age well in their homes

Confidence Building

Our walking programmes have allowed many older people to regain their confidence, mobility, and activity levels - all while encouraging new social engagements and connections.



“I was stuck inside after the fall. The support from Making Connections got me through that part of the recovery I feared most and encouraged me to get active. I’ve got my mobility and more importantly, my confidence back: Last week I went out alone as far as the shops for the first time this year” - Jane, 84

Tackling Loneliness

Our support programmes enable relationship building and social connectedness. We encourage older people to age well within the community as well as within their own home.



“I was afraid of loneliness more than any health issue. Your volunteer has been a lifeline. I will never be able to thank you enough.”
- Albert, 93

Person-centred Support

We recognise that loneliness can look different for everyone - so we take care to ensure that support plans are based on the individual needs of each older person.



“I love having a volunteer by my side, not only for the connection but for the practical supports too, like filling out forms or helping me with my iPad.”
- Jack, 75

What matters to you, matters to us.



VHI Women's Mini Marathon

- The VHI Women's Mini Marathon is a 10k road race for women, who take part to raise funds for a charity of their choice. The race takes place every June bank holiday weekend in Dublin city centre. This year it will take place on Sunday, 31st May. It is the largest women's event of its kind in the world.
- In 2026, Making Connections will celebrate 10 years as a registered charity supporting older people in our community. We want to mark this milestone by building a large team of women to participate in this event with us.
- We are excited about the potential of this event to increase awareness around the needs of older people in our community and to raise funds for the services that they rely on. We're encouraging each participant to set a fundraising goal of €500, and we'd be thrilled to have you join us in making a meaningful difference.

Steps to join our team:

1. **Sign up** using our [registration form](#), or contact Martha info@makingconnections.ie with any questions.
2. **Join our fundraising page** and set up your own page here: <https://www.idonate.ie/team/vhiwomenmarathonMakingConnections>
3. **Start training and fundraising:** Martha from our team will be your contact person and she will provide ideas, resources and support throughout the coming months.
4. **Purchasing tickets:** Each participant will be notified as soon as VHI organisers release the tickets for sale.

Keep in touch...

Stay connected with us! Follow our social media channels below for the latest updates, news, and content:

 www.makingconnections.ie

 info@makingconnections.ie

 (01) 295 1053

 [MakingConnections](https://www.facebook.com/MakingConnections)

 [@connections_ie](https://twitter.com/@connections_ie)

 [makingconnectionsireland](https://www.instagram.com/makingconnectionsireland)

 [MakingConnections](https://www.linkedin.com/company/MakingConnections)

 [makingconnections](https://www.tiktok.com/makingconnections)

