

'Give an Hour, Gain an Hour' this weekend ^[1]

NOTE: This item has expired and will soon be unavailable for viewing.

Charity 'Making Connections' calling on people to give their 'extra' hour this weekend

When the clocks go back this weekend (29th), the Dublin based charity, Making Connections are challenging everyone to give their extra hour to the older people in their lives. The Charity sees this as a chance for the whole country to help tackle isolation and loneliness – and inspire others to connect the generations, all with just one hour of your time.

To take part in 'Give an Hour, Gain an Hour' they are encouraging everyone to follow four simple steps **Connect** with an older person in your life - **Share** an hour of your time with them – **Exchange** something interesting or fun with each other – **Share** your story on social media on twitter [@connections_ie](https://twitter.com/connections_ie) ^[2] or with the Facebook page MakingConnections.ie using #GHGH.

This campaign was born from the wonderful stories Making Connections' befriending volunteers tell every day about their experiences visiting older people. The 'Give an Hour, Gain an Hour' campaign will allow people beyond Making Connections' regular services to reap the same meaningful benefits their volunteers and older people experience every week. This weekend the charity are highlighting the idea that older people can offer so much value to our lives and our communities, and with such a small ask, it's surely worth it!


Read more online at makingconnections.ie/campaign ^[3]

Region: Nationwide

Expiry date: 31/10/2017

Date 26/10/17

Entered/Updated:

Attachment	Size
 Making Connections poster	766.81 KB

^[4]

Source URL (modified on 26/10/2017 - 10:01): <https://www.activelink.ie/content/community-exchange/events/33558>

Links

[1] <https://www.activelink.ie/content/community-exchange/events/33558>

[2] https://twitter.com/connections_ie

[3] <http://makingconnections.ie/campaign/>

[4] https://www.activelink.ie/sites/default/files/attach/notice_entry/33558/making_connections_ghgh_.png