



Welcome to Brightlife's July Newsletter

We hope you're keeping safe and well during the recent heatwaves. In this edition of our newsletter, we're sharing some helpful guidance from North Derbyshire District Council on staying healthy and well during hot weather spells. Please take a moment to read the advice provided, to help you or someone you care about stay safe in the heat. Look after yourself, stay hydrated, and check in on others who might need support.

At Brightlife, our core mission is to prevent isolation and loneliness among older people, especially through our **telephone befriending project**. We're proud to support two important awareness days this July:

- **Samaritans Awareness Day – 24th July**

Samaritans is a life-saving charity working to prevent suicide through the power of human connection. Their trained volunteers are available to listen 24 hours a day, 7 days a week—hence the awareness day falling on **24/7**.

- **International Day of Friendship – 30th July**

Established by the UN in 2011, this day promotes friendship between individuals, cultures, and nations as a way to foster peace and build bridges.

We believe friendship is essential for well-being, reducing stress, improving heart health, and helping us live longer, happier lives. That's why we're so passionate

about our telephone befriending service, which connects people across our local communities.

How You Can Support Brightlife

As a small charity, we are incredibly grateful for the generosity of our supporters—whether through donations or volunteering time. If you'd like to get involved:

- **Donate:** www.brightlife.charity/donate
- **Volunteer as a Telephone Befriender:** Just a few hours a week can truly change someone's life.

We'd love to hear from you!

Ann Monk

CEO, Brightlife



Thank you Volunteers!

We rounded off Volunteers Weeks 2025, with a lovely afternoon tea for our volunteers, at Brightlife HQ - Queen's Park, Chesterfield.

Our volunteers give up their time each week to make friendly calls to older people across Chesterfield, North East Derbyshire and Bolsover, quite literally, brightening people's lives.

What a lovely bunch of people - we are so lucky and extremely grateful, without them, there would be no Brightlife.



Loundsley Green Open Day

Brightlife was delighted to be part of the recent open day at Loundsley Green Community Centre.

It was a real showcase of local services, support agencies, charities and community groups that are available to everyone in and around Chesterfield. We met lots of people and it was great to be able to share the work that Brightlife does.

Chesterfield Rotary Review 2024/25

Brightlife were delighted to attend the recent Chesterfield Rotary Celebratory Review. The event brought together partner organisations, charities and community groups that Rotary has supported over the year. It was also an opportunity to hear plans for 2025/6 from their new president, Catherine Wenborne.

Brightlife received £500 from Chesterfield Rotary, used to purchase much-needed new (and very comfortable) chairs



Fit for the future: 10 Year Health Plan for England

The government has just launched its **10-Year Health Plan for England**, outlining the vision for improving NHS health and care services over the next decade.

The plan focuses on three key shifts:

- hospital to community
- analogue to digital
- sickness to prevention

One of the most exciting developments is the creation of a **Neighbourhood Health Service**, with teams working within local communities to help people access and receive care closer to home and free up hospital resources.

Some of the key elements are to:

- Establish a neighbourhood health centre in every community, beginning with places where healthy life expectancy is lowest - a 'one stop shop' for patient care and the place from which multidisciplinary teams operate. Neighbourhood health centres will be open at least 12 hours a day and 6 days a week.
- Through the NHS App, allow patients to book appointments, communicate with professionals, receive advice, draft or view their care plan, and self-refer to local tests and services
- Increase the role of community pharmacy in the management of long-term conditions and link them to the single patient record
- Improve access to NHS dentistry, improve children's oral health and increase the number of NHS dentists working in the system

You can read more about the **Fit for the future: 10 Year Health Plan for England** here:- <https://lnkd.in/e8nK3sRs>

Executive Summary:- <https://lnkd.in/enW88iBP>

A festive red poster for a Christmas Party. It features gold stars and snowflakes. The text is white and gold. At the bottom, there is a logo for BrightLife and the website address.

CELEBRATE THIS CHRISTMAS
WITH BRIGHTLIFE

JOIN OUR

Christmas Party

EVENT

18TH DECEMBER 2025

SMH STADIUM, 1866 SHEFFIELD ROAD,
CHESTERFIELD, S41 8NZ

DELICIOUS 3 COURSE MEAL	2 BOTTLES OF WINE PER TABLE OF 10	DISCO AND DANCING	RAFFLE
----------------------------	--	----------------------	--------

DOORS OPEN AT 7.00PM



TICKETS - JUST 95 PER PERSON

TO BOOK YOUR PLACE OR TABLE, CONTACT
INFO@BRIGHTLIFE.CHARITY

THE EVENT WILL HELP TO RAISE MONEY FOR BRIGHTLIFE
THE BEFRIENDING CHARITY



BRIGHTENING LOCAL LIVES

WWW.BRIGHTLIFE.CHARITY

It's beginning to look a lot like.....

Ok, so we're in the midst of the hottest summer on record, but is there ever such a thing as planning for Christmas too soon??

This year, be super organised and ahead of the Christmas game.

Reserve your spot at Brightlife's unmissable Christmas Party now—then relax, savouring that unbeatable feeling of being effortlessly prepared while everyone else is rushing around.

After last year's sensational celebration, we're thrilled to return to the SMH Group Stadium, Chesterfield for another magical night. Indulge in a delectable meal, fine wine, lively music, and the excitement of our festive raffle—all while making a real difference by supporting a vital local charity.

For more information, contact Ann at info@brightlife.charity or head over to <https://www.brightlife.charity/post/join-us-for-christmas-2025>



STAVELEY SUMMER FETE

- Stalls
- Music
- Entertainment
- Activities
- Crafts
- Stalls
- Information



**Free event for all in support of
the Baton of Hope Derby &
Derbyshire**

Saturday 26th July
10am - 3pm
Staveley Hall, Chesterfield, S43 3TN
batonofhopederbyshire.co.uk/events/staveley



 @BatonofHopeDerbyshire/ @DCCMHSP

A poster for BrightLife charity. The top left features the BrightLife logo (a heart with hands) and the text 'BrightLife'. Below it is an orange starburst graphic with the text 'WE NEED YOU'. The background is a photograph of an elderly woman with white hair and glasses, wearing a red jacket, smiling while talking on a white telephone. A large, textured, light-colored object, possibly a lampshade, is partially visible behind her. The bottom half of the poster has a dark blue background with white text. The text reads: 'Shout Out For VOLUNTEERS', 'Help Brightlife reduce loneliness and isolation across Chesterfield, NE Derbyshire and Bolsover', and 'If you can spare a couple of hours a week to make a BIG difference to someone's life - contact info@brightlife.charity for more information'.

BrightLife

WE NEED YOU

**Shout Out For
VOLUNTEERS**

Help Brightlife reduce loneliness and isolation
across Chesterfield, NE Derbyshire and Bolsover

If you can spare a couple of hours a week to make a BIG
difference to someone's life - contact info@brightlife.charity
for more information



Come and join us!

24th July

**We are having a
Hug in Mug Session
BBiC Community Accessibility
Support Hub**

**Time
3:15pm to
4:30pm**

**Join us on every 2nd & 4th Thursday at
The Ragged School
Markham Rd, Chesterfield S40 1TA
suggested Donation of £1
Everyone is Welcome**

**Contact us via email BuildingBridgescommunity@outlook.com
Follow us on Facebook Building Bridges in the community
Check our website www.buildingbridgesinthecommunity.org**

**Building Bridges
in the Community®
Enabling Accessibility and Support
for You**

**DERBYSHIRE
VOLUNTARY
ACTION**

SHOMOBILITY

MINDSCAPES

Derbyshire Recovery & Peer Support Service

**Feeling
Connected**

Brightlife, South Lodge, Boythorpe Avenue, Chesterfield, Derbyshire S40 2BF, UK

[Unsubscribe](#) [Manage preferences](#)

Send free email today

HubSpot