



Welcome to your regular Almoner's Briefing produced by the Masonic Charitable Foundation (MCF). It aims to assist you with maintaining support and contact with all present and past lodge members, widows, partners and their families; a task which is at the heart of the almoner's role.

- ❖ **One year on** – amazingly one year has already passed since the first edition of the Almoner's Briefing back in July 2018. It was introduced as a tool for highlighting the importance of the role of almoner and to promote good practice with regards to pastoral care activities. To date feedback from almoners has included:

'I find this invaluable in keeping members of the Lodge up to speed on developments in services and items of interest.'

'I feel more informed now than I have ever been.'

'An ideal way to lead almoners to what they may need, and to introduce news and initiatives.'

Missed one of our briefings? You can download all past Almoner Briefings at www.mcf.org.uk/almoner

- ❖ **Loneliness in later life** – the MCF is committed to supporting older people. Through its Later Life Inclusion grants it is supporting charities that help people to overcome barriers to actively participate in their communities during their later years. One of these charities is Age UK through its Later Life Goals project available in 13 areas across England and Wales. More information can be found here www.mcf.org.uk/impact-later-life

To complement this funding stream, the MCF has begun developing a 'social isolation' toolkit for almoners featuring a range of practical tools and resources to help you take steps to tackle loneliness and social isolation locally. Our first resource is now available. This is a case study on a telephone befriending service in the Province of Yorkshire West Riding and can be found here www.mcf.org.uk/social-isolation-toolkit

- ❖ **Support** – if you think someone needs help and you are unsure about what to do next your MetGA/PGA is a good first point of contact for guidance. He may also be

able to advise on whether your province has its own charity or funds which can be used to help individuals. Why not read our [loneliness factsheet](#)

- ❖ **Information to share** – you are encouraged to read the following information out at your next lodge meeting as part of your almoner's report or circulate to members of your lodge. Read on for more information...

Did you know that 50% of all people aged 75 and over live alone? Financial difficulties and poor physical health are two of the recognised factors that can lead to loneliness and social isolation. Please remember that the MCF may be able to help with daily living expenses, supporting children in full time education and one-off expenses. It may also be able to assist with mobility equipment to enable a person to regain their independence.

- ❖ **Getting help** - if you believe somebody requires assistance, contact your MetGA/PGA or the MCF's Enquiries Team on 0800 035 60 90 (calls are free), or email help@mcf.org.uk

Any feedback you may have on this Briefing can be sent to: rprice@mcf.org.uk

If you found this useful, why not sign-up to receive the MCF's e-newsletter. You will be one of the first people to receive the latest news about the work of the MCF which may be of additional interest to you as almoner (and you will get a free MCF lapel pin!). Sign-up at www.mcf.org.uk/sign-up

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