

# BAME Golden- Care Initiative Newsletter (Issue #1)



## A Warm Welcome from the BAME Golden-Care Initiative!

**Dear You,**

Welcome to the first edition of the **BAME Golden-Care Initiative Newsletter!** We are thrilled to share our mission, upcoming events, and opportunities for you to get involved in **supporting, celebrating, and uplifting women over 60 who live alone.**

Aging should be a time of joy, dignity, and connection. Yet, many elderly women face **loneliness, limited access to healthcare, and emotional isolation.** Through the **Golden-Care Initiative,** we are committed to ensuring that every woman in our community feels valued, supported, and empowered.

**Because every woman deserves care, connection, and joy in her golden years.**

Golden Years, Golden  
Care – No Woman  
Should Age Alone

- Empowering Women Over 60
- Strengthening Communities
- Creating Connections





## Spotlight Story: Meet Martha Jackson

*"Before joining the Golden-Care Initiative, I spent most of my days alone, with no one to talk to. Now, I have a Golden-Friend who checks on me, and I attend Golden-Gatherings every month. I finally feel like I belong."*

– **Martha Jackson**

**BAME**  
LONE PARENTS NETWORK

Do you have a story to share?  
We'd love to feature you in  
our next issue!

✉ Email us at  
**bameloneparents@gmail.com.**

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## Campaign Update: "Golden Years, Golden Care"

Our **6-month campaign** is in full swing! Here's what we've accomplished so far:

- ✓ **50+ volunteers** signed up as Golden-Friend companions.
- ✓ Hosted **two Golden-Gatherings**, bringing joy to over 100 elderly women.
- ✓ Launched **Wellness Wednesdays**, offering health and mindfulness sessions.
- ✓ Partnered with **Glory Edward Nutrition** to provide free wellness check-ups.

Want to get involved? Keep reading to see how you can support this movement!





## Upcoming Events: Join the Movement!

- **Golden-Gathering Afternoon Tea** – A warm and welcoming afternoon of laughter, connection, and storytelling.
- **Wellness Wednesdays (Gentle Yoga & Health Talk)** – Join us for a relaxing health and wellbeing session tailored for older women.
- **Volunteer Training: Become a Golden-Friend** – Make a difference in someone's life by providing companionship and care.

👉 Inquire about an event, contact us at **0207 175 5108**.

## Ways You Can Make a Difference

- **Become a Volunteer** – Offer your time as a *Golden-Friend* and change a life.
- **Donate** – Help provide *care packages, transportation, and wellness programs*.
- **Partner with Us** – Support our mission by offering resources and expertise.
- **Spread the Word** – Share our initiative on *social media, churches, and community groups*.

📣 **Use Hashtag:**  
**#GoldenYearsGoldenCare**

🔗 **Visit Our Website & Sign Up:**  
**[bameloneparentsnetwork.co.uk](http://bameloneparentsnetwork.co.uk)**



## Community Voices: What People Are Saying

*"This program has given my mother a new sense of purpose and joy."*

*"I've made friendships I never thought were possible at this stage of my life."*

*"A simple phone call can brighten someone's day. Volunteering as a Golden-Friend has been life-changing for me."*

Want to be featured in our next newsletter? Email us at **[bameloneparentsnetwork.co.uk!](mailto:bameloneparentsnetwork.co.uk)**

## A Special Thank You!

To our **volunteers, donors, and community partners**—THANK YOU! Your support is making a real difference in the lives of elderly women. Every act of kindness, every moment of companionship, and every contribution helps us create a future where **no woman over 60 faces life alone.**

**Let's continue this journey together!**

### **Contact Us:**

[[bameloneparents@gmail.com](mailto:bameloneparents@gmail.com)]

**Follow Us:** [[@bameloneparents](https://www.instagram.com/bameloneparents)]

### **Website:**

[[bameloneparentsnetwork.co.uk](https://bameloneparentsnetwork.co.uk)]

**Together, we are stronger.  
Together, we create a Golden Future.**