

Inspiring Individuals and Communities to Age Well.

Annual Review 2021

This year, the focus and look of our Annual Review is a little different. We felt it was important to recognise the journeys of people we support. Edward and Clare have kindly shared their journey and how our services impacted their lives.

As you read through Edward and Clare's Journey, please feel free to click on the links to view Case Studies, Infographics and other Stories captured in 2021.



My name is Eddie, I am 73 years old, I am concerned about my ill health and isolated in Cornwall. This is my Journey with Age UK Cornwall

In 2021, our Step into Wellness programme supported 360 people. [Patricia's Story](#) highlights the impact and importance of improving our wellbeing - [click here to view](#)

Feeling connected

As time went on, I started to feel more comfortable, more connected and more happy & healthier. During one of my weekly group meet-ups, the community coach asked if I would like to join Step into Wellness. The answer was easy, why not? So far, nearly all the ideas and groups put forward had been a success - working to improve my mental and physical wellbeing was one more step in the right direction. [\(Click me to view our Step into Wellness Infographic\)](#)

The skills, experience and support from Volunteers are essential to us, last year they helped us support to over 50,000 people. [Please read Mike's story - the impact of volunteering in your community.](#)

Giving Back

Not everything I tried was a success, but by working with community leads and my peers, I was able to find the right mix of activities, groups and support local to me. I was always inspired and in awe of the caring nature of Volunteers and staff from Age UK Cornwall, I wanted to give back. [So, last year, I decided to help with the vaccination efforts at a local community hub \(click to view our infographic\).](#) *"In 2022, I plan to help out even more. Watch this space for my volunteer application form Age UK!"*

Making Contact

My Journey started with a phone call, which sounds simple, but for me it was a big step. I spoke to a wonderful Lady called Helyn. She put me at ease, asked about my health concerns and most importantly, listened to me.

[Read Getting Social Again](#)
A Story by Jo Bakesef-Duncan (Inclusion Matters | Age UK Cornwall Community Coach)

Last year our Helpline received over 15,000 calls - taking 3,468 referrals - [click here to find out more about our services](#)

Next Steps

After listening to me, the Helpline team provided some ideas and information on local groups that I could connect with. However, I didn't feel quite ready for larger groups, so they linked me to a wonderful Community Coach in my area. *"It was just so nice to chat with someone face to face again"*. Together, we made contact with a local breathers group, [iCareiMove \(an online strength & balance group\)](#) and met with a Social Prescriber, who was also part of the Age UK Cornwall team. We also arranged two calls per week via Age UK's telephone support volunteer service - here I could chat, check in and share how I was getting on with things.

During this conversation, I explained to Helyn that I had severe COPD, was unsteady on my feet & my wellbeing and general health was quite bad. I had distant relatives in the North of England and a carer that visited me twice a week. However, for most of the week I was alone - with only TV and radio for company.





Hello, my name is Clare, I am 74 years old and I am worried that my long term health condition will define me. This is my Journey with Age UK Cornwall

I was first introduced to Age UK Cornwall via their Home and Hospital Service - which helped me discharge following one of my Cancer treatments. It became clear to the team that I was very low and wasn't enjoying things like I used to. I was also feeling dis-empowered and worried that life had lost a spark (or three).

[Read a collection of Home and Hospital stories here - this service started in November 21](#)



[Did you know? Last year we supported people to receive over £862,924 in unclaimed benefits. Read Gerald's Story - who was supported by an Age UK Cornwall Social Prescriber](#)

[Our Transport Services \(TAP\) completed 67, 658 journeys last year. Click here to see our 2021 Infographic](#)

In the first few weeks, I joined more activities, clubs and groups at the Community Hub than I can remember. It was lovely to mix and match, finding the right fit for me, from Walking Groups to 'Singing for the Brain' - I have tried a bit of everything. My Daughter and good friend have even joined the Carers Support Group, where they can talk with other Carers and share thoughts in a safe environment. My Daughter has even applied for additional funding.

[TAP have been supporting people for 20 years. Please read Edith's story here, who has been booking regular Oncology appointments via their Helpline](#)



Last month, I started using TAP for my Oncology appointments. They pick a driver near me and take the pressure off the people I care about. Ray (my driver) even told me about outings and community trips I could join. It certainly isn't an easy road ahead, but thanks to all the wonderful staff and volunteers, I feel better equipped to face it. "From the moment I am picked up by the Volunteer Driver to the moment I leave, I feel valued and special. Most importantly, Age UK Cornwall made me feel me again."
Clare

[In 2021, our Community Hubs in St Austell, Newquay and Falmouth helped over 200 people. Carol's Story highlights the importance of connections and choice](#)



After my treatments, I often need help from my Daughter and good friend. This could be help with transport, cleaning, domestic duties, gardening and even preparing meals. I know they don't mind helping me, but I felt that it would be good to give them a break now and again. This is when I spoke to Rebecca from the [Active Living Support Service](#), she was kind, listened and happy to help me anyway she could.

We chatted for a while and I asked if the Active Living Service would help me 1 day per week (with general housework), if I could join a taster day at one of Age UK Cornwall's community hubs, and look at Gardening support in early Spring 2022. Rebecca also recommended the Age UK Macmillan Cancer Support Service and the Creating Cancer Caring Communities campaign, **which is packed full of community support, helpful news and websites.**

It was so nice to make my own choices - I could begin looking forward - I could even try out what worked best for me and the people I love!
[\(Click here to view our 4C's webpage on Cornwall Link\)](#)

Please flip over to view our impact in 2021



People



- ◇ 14,619 calls to our Helpline
- ◇ 35,634 calls to our Transport Helpline
- ◇ £ 862,924 gained in Annual Benefits for clients
- ◇ 98% of people calling our Helplines were satisfied with our service
- ◇ Cornwall Link has 600 community listings, 27,957 views and 1,250 members

Developing Partnerships



- ◇ Macmillan Cancer Support
- ◇ Inclusion Matters
- ◇ Inclusivity Project
- ◇ Cornwall Link
- ◇ The 4C's Campaign
- ◇ Interreg Europe
- ◇ Cornwall Council
- ◇ Cornwall's Veterans (VSNBF)

Our Team



- ◇ Over 320 Volunteers & staff deployed to support people
- ◇ Regular monthly briefings
- ◇ Wellbeing and Mental Health Support for all teams
- ◇ H&S protocols & PPE guidance for all services
- ◇ Recruited 25 new staff
- ◇ Developed a network of Community Hubs

Our Community Impact



- ◇ Our Transport Services completed 67,658 journeys



- ◇ 41,696 trips for Supported Travel
- ◇ Over 30,000 people helped to receive Vaccinations



- ◇ 9,734 sessions at our Community Hubs
- ◇ Over 2,000 Meals prepared
- ◇ Over 500 enquiries for Step into Wellness Programme



- ◇ Our Electric Vehicles have completed 6,150 Health & Wellbeing trips



- ◇ 6,317 hrs Home Support
- ◇ 1,525 hrs Gardening
- ◇ 913 hrs Companionship
- ◇ 525 hrs Outreach



- ◇ 62 Veterans supported
- ◇ 210 Clients helped via our Macmillan Cancer Service

Over 55,000 people supported across Cornwall