

# Connected and making a difference

*Reducing Loneliness and  
Isolation*

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# Why we do what we do?

Loneliness has a very negative impact on health and is associated with conditions such as cardiovascular disease, dementia, poor sleep and depression etc etc.

# Reasons for loneliness

- **Sensory loss**
- **Loss of mobility**
- **Lower income**
- **Bereavement**
- **Retirement**
- **Becoming a carer**
- **Poor health**
- **Ageing without children**
- **Ageing with limited contact to family support**

# Connected Community Cafe

Run by volunteers



**Breakfast Club**  
**Lunches**  
**Afternoon Tea and talks**  
**Caribbean Lunch**

**Cyber Café**  
**and Library**

# Active Age



**Back on Track  
Yoga  
Gentle Stretch**

A focus around  
health and well  
being



- **Singing for the brain**
- **We Love Music Group**
- **Japanese lessons**

# In Touch Befriending

- ▶ **Companionship**
- ▶ **Practical Support**
- ▶ **Supported by Volunteers**
- ▶ **Aim to assist 200 people each year (often exceed)**
- ▶ **1 full time post (job share)**

# In Touch – Befriending Scheme

- ▶ **Companionship**
- ▶ **Practical Support**
- ▶ **Supported by Volunteers**
- ▶ **Aim to Assist 200 people each year**
- ▶ **1 full time post (job share)**

# Volunteering

- ▶ **200 plus Volunteers**
- ▶ **Our Volunteers are connected in the community**
- ▶ **Purpose and sense of belonging**
- ▶ **Create valuable and meaningful friendships and experiences**
- ▶ **Reduced loneliness and isolation**
- ▶ **Corporate Volunteers**



# Our Impact

- ▶ Total number of users 2,368
- ▶ 90% of those surveyed reported increased health and well being/reduced loneliness and isolation
- ▶ 100 lunches a week (ex snacks and afternoon teas)
- ▶ 638 people access weekly Active Age programme
- ▶ 159 attended day trips
- ▶ 613 people given the opportunity to volunteer

