

Case study

Tackling Isolation

Adur



AUKWSBH has a number of community clubs in Adur.

Covid-allowing, these clubs are great places to have fun with friends and join in activities including quizzes, board games, carpet bowls, darts, gentle exercise, Bingo, outings, comedy screenings, arts and crafts, discussion groups and card games. Clubs are located in Shoreham, Sompting, Southwick and Lancing.

- ✓ Isolation alleviated
- ✓ Less lonely, more connected
- ✓ Active and involved
- ✓ Wider service support
- ✓ More confident and resilient

*ALL NAMES HAVE BEEN CHANGED

*Jack – older veteran seeking company in later life

Issues/challenges faced:

Jack has a military background and lives alone having been a widower for many years. He admitted feeling lonely and was keen for some company. There were days previously when he felt there was almost no point in getting up as there was nothing to fill his time.

Support given:

- He self-referred after seeing people getting off the minibus to attend lunch club. He returned the following week.
- Staff noticed Jack struggled with confidence when he was first seated with other members, he preferred to speak to staff and volunteers. As a result staff members sat with the group, to help Jack integrate and grow his confidence.
- He attended lunch club each week and joined in quizzes and games which help to combat cognitive decline.
- He enjoyed a nutritious home cooked two course meal each week.
- He then accessed another social group held at the club and the fortnightly film club group, growing his social circle and filling his time with some activities away from home.
- Once he got to know others, Jack learnt about the Help at Home Service as another member of the group was using it. The Club manager referred him over and as a result, Jack has recently signed up with some basic shopping support and help around the home.

Outcome

After feeling very isolated, Jack now has a social timetable in place to keep him busy. He really enjoys the clubs he attends and the company of the other members. He often walks another member home afterwards. **He said to staff that he's so grateful clubs like AUKWSBH's exist**, as he wouldn't know what to do with himself all week otherwise. It gives him a reason to get up as he enjoys coming to see everyone, and having a meal cooked for him is a bonus!

Jack has also successfully received support from one of AUKWSBH's Home Helps who visits once a week, who as well as helping him with shopping and cleaning has also helped him to sort through his aeroplane models that he builds as a pastime.