

CHAPS Case Study



During the Covid-19 lock down period we were unable to meet for our Sporting Memories sessions and new groups we had planned couldn't be formed either.

In the first few months we have had some good success in forming small groups of about three or four and delivering sessions via conference call or zoom. About a month ago we had a new referral, an individual living in Horncastle who LCVS had signposted to TED for the connectED helpline. Our TED Learning and Evaluation Officer contacted me as he felt that the gentleman might gain from a phone call from myself and/or the Sporting Memories sessions.

He was an 88-year old, living on his own and due to his poor mobility couldn't get out. He had originally lived in Sheffield but had moved to Horncastle to retire but his wife passed away a few years ago. He had relatives popping in from time to time and received meals on wheels during the week. I initially phoned him to introduce myself and explain what the Sporting Memories sessions involved.

He told me he had had a fall recently so was more cautious with his walker around the house but was interested in taking part in a telephone session.

I also started to post out (he isn't online) the 'Sporting Pink' newsletter which he told me had been a great read and he really enjoyed it arriving in the post each week.



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I wasn't sure how he would engage on the conference phone sessions, but he seemed to come alive and when he realised there was a 84 year old also originally from Sheffield it gave lots to talk about. Each question in the quiz acts like a memory trigger and he was sharing several stories which the group enjoyed hearing about. He would often come out with some amazing fact or come out with names and places from years ago. He told me the sessions were enjoyable and he looked forward to them each week.

During our chats I found out he had played for the youth side of Sheffield United which was called Oak Folds, which would have been around 1947. He told me how they would play in the old football shirts of the Sheffield United side. He mentioned a player called Tommy Hoyland who was in this same youth side as him and how Tommy had gone on to play professional football for Sheffield United. He shared that he himself was invited to a football trial at Sheffield Wednesday he but declined to go as his girlfriend hadn't liked the thought of him being away at football all the time!

I did some research to try and find out if Tommy Hoyland was still alive with the idea of possibly linking them up for a chat. It was good to find that Tommy was still around, and he was also 88 years of age. I then contacted Sheffield United community team and eventually tracked down an individual who was able to help me.

I was told the community team regularly give Tommy a call and have a chat with him and he is now Sheffield United's oldest surviving player. The community team said they would ask Tommy about giving Jeff a call some time and to see if this was ok. Tommy was willing to do this and has taken the gentleman's contact details.

I went over to Horncastle to meet the gentleman (with social distancing) which he really appreciated, and I completed a short video interview with him of his sporting memories. This is something we may use in our 'throwback Thursdays' on our FaceBook community site as part of our Sporting Memories sessions. I asked him about the chance for a chat with Tommy Hoyland and he was super keen and surprised it had been arranged.

Although he isn't getting out for these sessions he is benefitting from this regular input of sessions and phone calls. He tells me it has been a big help to him and prevents him from just thinking about being lonely. He said the questions and conversations bring up some great memories and the positive effect lasts for days.

Shared by Marko Humphrey (Nutrition Consultant at Magna Vitae, working on the CHAPS and Fitness, Food and Friends Projects)



About East Lindsey



T.E.D.

Ageing Better
in East Lindsey

East Lindsey is a large, sparsely populated district within the county of Lincolnshire, which includes the popular coastal seaside towns of Skegness and Mablethorpe.

East Lindsey has a higher than average ageing population with 29% of people aged 65 and over. High numbers of older people move to East Lindsey in their retirement years and many have multiple chronic health conditions and few social and familial connections in the region. Public transport across East Lindsey is poor and therefore accessing services can be challenging, especially for older adults.

The overarching aims of the TED Programme are to:

- Reduce social isolation and loneliness
- Help older people to become better connected with volunteering, social, leisure and health improving activities
- Provide opportunities for older people to influence the design, delivery and evaluation of both the services and businesses available to them

We currently have 1700 registered TED members, 100 businesses across East Lindsey hold an Age-friendly Business Award, and 516 volunteers have contributed 8,156 hours to the TED programme between April 2018 and December 2019 .

Further information...

To find out more about TED or to get involved visit our website www.tedineastlindsey.co.uk or start a conversation and share your views online: Twitter: [@ted_EastLindsey](https://twitter.com/ted_EastLindsey)



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