

# Lunch Club Case Study 2021



Mary\* is an 81 year old lady who lives on her own near Louth.

Some of her family live locally and others in wider Lincolnshire, and she has a gentleman friend who she sees regularly. However when lockdown started in 2020 she has been shielding, as she was deemed vulnerable due to her health condition. The only person who calls regularly is her male friend.

She moved a year ago from a small village in Lincolnshire to her current bungalow in Louth. Since her move she has been having significant work done to the property to upgrade it. Some of the work has been stopped due to the lockdown conditions which she is very frustrated about. In her own words, where she is living now isn't home yet as it feels like someone else's home still.

Mary was introduced to her male friend by someone at the lunch club. He had recently moved to the area and the local ladies thought it would be a good idea to take him along to Lunch Club to get to meet new people. They all love the social aspect of Lunch Club, and the good food is another good reason to go. Meeting friends and having a catch up weekly is integral to their well being. Sharing issues, laughing and caring for each other is important to them and the lunch clubs give them the chance to do this. Hosting the club in a local pub is a bonus as it feels like a regular lunch treat. It also links them in with the charity as it gives them the opportunity to freely seek information and advice from the staff or volunteers who attend.



TED is funded by The National Lottery Community Fund and is managed by YMCA Lincolnshire

The lunch club has been a life line for many of them. Not only do they meet their existing friends but they get to meet new people and create new friendships. During lockdown these friendships have been crucial to them all, keeping in touch over the phone when they cannot meet in person.

Throughout lockdown the lunch club co-ordinator has kept in contact with all lunch club members by telephone. Wellbeing calls have been important to many of the lunch club members as it gives them an opportunity to talk to someone else.

Mary has been receiving regular telephone support from us due to her isolation at home. She also received the Afternoon Tea Box that Age UK organised, and this was given to her through a window as she was too scared to come to the door. A long chat was had with her through the window with COVID care taken by both parties. She was also thrilled to receive the Christmas Box.

She has recently received the first COVID vaccine, but when she turned up for the second, she was told she wouldn't be having it any time soon. She wasn't informed not to go getting her expectations up and when told she couldn't have it, she was feeling very down. She had hoped having the two vaccines would give her a lifeline to getting out of her home. She is very scared of getting COVID due to her lung condition. She doesn't even let her family enter her home.

Although Mary has contact with family, contact by phone with her friends she feels very isolated. She used to be a nurse and in her later years was a council member, town Mayor and did a lot of volunteering. She is a face to face person and needs physical contact with people. She felt that she can openly talk about how she has been suffering mentally with the current situation when Age UK Lindsey call.

The feelings of isolation, depression and how she is deprived of social interaction have been at the forefront of her thoughts. The phone calls help her to put things in perspective, they break boredom and raise her spirit making her smile and feel good. She feels more positive which is better than feeling down all the time.

She has said that having someone who isn't a friend or family member to talk to has been so important to her. Being able to share with someone who listens and hears what she is saying and is non judgmental has helped her cope during lockdown.

*"Your phone calls have been a lifeline for me. What you do is so important, you have helped me no end with your phone support, thank you so much."*

Shared by Age UK Lindsey (as part of the Lunch Club Project)

\*Names have been changed to protect their identity



# 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 over 1800 registered TED members, and over 100 businesses across East Lindsey hold an Age-friendly Business Award.

## Further information...

To find out more about TED or to get involved visit our website [www.tedineastlindsey.co.uk](http://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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