Lunch Clubs Case Study 2021

T.E.D.
Ageing Better in East Lindsey

age UK Lindsey

The Gentleman lives with both his wife and their son.

They moved to Lincolnshire from the South East of England about 8 years ago. After the move he became very active within his new local community, and enjoyed helping set up support clubs with other local people.

He remained very active with his local community until suffering serious health issues. Sadly this had a big impact on his ability to take part in the community activities. He became much more focused on his health which meant he lost touch with the community he had been so active in.

When Age UK Lindsey were developing the Skegness lunch club, a questionnaire was sent out asking residents to outline what they would like to see in a lunch club. This gentleman took part in filling out the questionnaire and attending the lunch club became a lifeline for him to re-establish his involvement with the local community life. Through the charities intervention, this attendee has now been an active participant since 2018.

Since attending, he has met new friends and has been given information on available help and access to new services. This gentleman regularly encouraged other people how to attend, following his own success with being supported.

COMMUNITY FUND

YMCA
YMCA LINCOLNSHIRE

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

About 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 or start a conversation and share your views online: Twitter: @ted_EastLindsey