

Binbrook Village Case Study 2021



We first met Joan when she came along to a Fitness, Food and Friends at Binbrook village hall in February 2020.

It was only about three sessions later, when things were locked down due to Covid-19 and the village hall was closed. Joan was very appreciative of our regular wellbeing calls which we began in March 2020, especially as she was shielding and as she wasn't online. It was also good that Joan did have relatives in the local area who could bring her weekly shopping and make sure she had what she needed.

Several years earlier Joan's husband had passed away after a long illness. More recently Joan herself had gone through cancer treatment and had come through it to make a good recovery. Her relatives were obviously quite anxious that she follow all the Covid-19 restrictions to make sure she didn't succumb to the virus, especially having only just got through recovery.

From the moment I met Joan in the Binbrook village hall I noticed she had a very positive outlook and always liked to laugh. Joan did obviously struggle during the lock down periods and many times she told us what a great support the calls were, knowing that people were thinking of her.



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

I also noticed from early on that Joan always seemed to keep herself busy and active even though she was confined to her bungalow for so long. When I phoned her, I knew Joan would never tell me she was bored, but instead told me what jigsaw or crossword she was doing and then she spent time on her exercise bike too. Joan was very disciplined with her routines of doing these different activities and I think that made a big difference to her.

I mentioned to Joan on several occasions about getting online but she thought it wasn't for her and would be too complicated. However, once we had access to computer tablets through our 'All Together' project, I explained to Joan how we could set it up for her and provide support in how to use it. Eventually Joan went for the idea and earlier this year obtained a tablet which was prepared by another TED Delivery Partner, Lincs Digital.

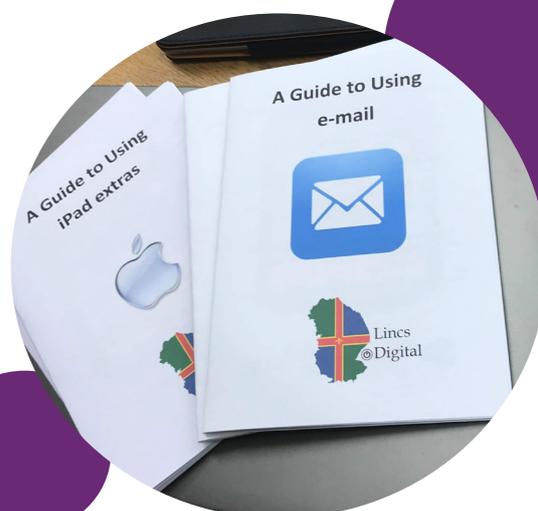
What I noticed about Joan is that she read through all the helpful practical information 'Lincs Digital' provided with the tablet before she even thought about switching it on. I explained about zoom on the phone and tried to help her access our Fitness, Food and Friends (FFF) zoom sessions, but it was difficult to do this over the phone. However, when I dropped off an Easter Goodie Bag at Joan's house, she was able to show me at the door what she had done on the tablet so far. I was surprised how much she had learnt.

Joan explained that she did a bit on it every day, even in the earlier days when she felt clueless she still made herself switch it on and have a look at a few things such as the puzzles and jigsaws.

We were able to talk through how to use Zoom, so that Joan was able to join for the next FFF session and was really pleased to be part of the group! Joan has come a long way with the tablet and is now communicating with friends and family using messenger, WhatsApp and is more confident with Zoom too.

Once the sessions were re-started face to face Joan was established a regular participant at FFF. She often brings her tablet to show others various photos or to show how she is getting on with her latest jigsaw.

Shared by Magna Vitae (as part of the Fitness, Food and Friends Project)



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](https://twitter.com/ted_EastLindsey)



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