

Case Study- Bob



T.E.D.

Ageing Better
in East Lindsey



Bob is 69 years old and lives alone. His 3 children all live in the London area so he has no family close by. Bob has lived with depression for a number of years now.

Bob split with his partner which resulted in him becoming very depressed and losing all his confidence and self esteem. He missed the daily company of another person, became very withdrawn, stopped going out and was beginning to feel increasingly socially isolated. His mental wellbeing gradually became worse as he spiralled down further. A person at Bob's GP Practice referred him to Age UK Lindsey's befriending team.

The befriending team made contact with Bob, did an initial assessment and were able to match Bob up to a volunteer befriender living locally. Before lockdown, Bob had weekly face to face visits from his befriender but since lockdown, they have been keeping in touch via video calls on Messenger weekly.

Bob feels that he has benefitted greatly from the befriending service. He has grown more confident in himself and become more outgoing. It has also helped to raise his



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self-esteem. Before lockdown, Bob felt he was now strong enough both mentally and emotionally to access many local social groups and activities, some of them recommended by his befriender. He regularly attended Fish on Friday, SHINE group and Louth Friendship Group run from Trinity Centre, Louth. He also enjoys attending the local Men's Shed. Since lockdown he has been participating in quizzes via zoom run by Marco at Magna Vitae Community and the SHINE group is up and running again. Through the support of Age UK Lindsey's befriending scheme, Bob is much less socially isolated and his mental wellbeing is much improved.

"I now feel much more confident and outgoing and have had an extremely positive experience through the befriending support that I was offered."

Since August 2018, Bob has benefitted greatly from the Age UK Lindsey befriending service. He says that it has helped him immensely, having a positive impact upon his mental health as well as greatly boosting his confidence.

In fact, in November 2021, Bob decided that he would like to become a befriending volunteer for Age UK Lindsey. He wanted to help others in the local community in the same way that he had been supported. He has now been matched with a befriending client in his town and visits her weekly. Bob says he gets as much out of the visits as the client does and it gives him a sense of purpose, knowing that he is making a positive difference to the life of someone who is feeling lonely and isolated. Bob now also helps out at local social groups too.



About East Lindsey



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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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