

Case Study- Dennis



T.E.D.

Ageing Better
in East Lindsey



Dennis lives alone since his wife passed away in 2020. He has a son and daughter who live quite a distance away. He has 2 sisters, one who lives locally.

Dennis had his own company writing software, which he set up in 1995 with his wife. He wound the company up in 2017 when his wife became ill and he became her carer. Dennis has medical conditions which can limit what he is able to do.

Dennis's wife passed away in 2020 and he was trying to adjust to his changed life situation. His family were there for him but lead busy lives and most of them do not live locally. Dennis would often go a whole week without speaking to anyone at all. He very much lacked the social interaction with others and was grieving the loss of his wife too in the midst of the Covid19 lockdown and all the restrictions that this brought.

Dennis was referred our befriending service. He was initially called by a Senior Befriender to chat about the service and tell us a bit about himself. Later, he was paired with one of our volunteers for telephone befriending.



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

Dennis said that the weekly call from his befriender is something he very much looks forward to every week. They chat about a wide range of subjects and have built up a good friendship. Dennis feels that he is able to chat about anything that may be troubling him instead of bottling things up, which really helps him. He now feels less socially isolated and realizes that he is still connected to the outside world rather than being cooped up alone. He says that the befriending service has supported him with the difficult adjustments he has had to make in his life since the loss of his wife. He commented that it was good to be able to chat to someone who will listen without judgement, and that you make a real connection with.

“The weekly befriending calls make me realize that I am still connected to the outside world.

Being able to chat to someone and not bottle things up, makes a real difference to my wellbeing.”



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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