

Case Study- Ukulele



T.E.D.

Ageing Better
in East Lindsey



Starting lockdown 2020 with befriending phone calls, we then wanted to begin to add in our extra bit of Men Do 'Magic' to lift everyone's spirits. And we definitely did that!

With a hand delivered 'care package' to every Men Do beneficiary. It contained local Batemans Beer, Crisps, Plum Bread, sweets, comfy socks a pack of playing cards and a Ukulele!

"what a surprise"

"Thank you so much"

"this is going to keep me busy"

"I've always wanted to learn the Ukulele"

"its so nice that you haven't just forgotten us"

"this means such a lot"

"its so nice to see a friendly face, the only other person I see is the postie"

Were just some of the reactions to the care packages that we delivered.



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

June 2020

Time to get the guys busy learning that Ukulele! Each were given a beginner's guide to use at home, but we thought it would be great to have a practice together 'virtually'. This was tricky, not everyone had access to Zoom and many, even with a device, needed support to download, sign up for and use Zoom. Lincs Digital's How to 'Zoom' guide was a great help and between the guide and some one-to one telephone support, we managed to get 14 beneficiaries online and using Zoom for the first time.

Ukulele weekly practice was a lot of fun, very out of time and tune fun, but was also an opportunity for each of them to catch up and see some familiar faces. We even managed a virtual live performance of 'Lean on Me', for Carers Week, that has had over 2000 views on Facebook. See for yourselves with the link below.

<https://www.facebook.com/watch/?v=544877412846165>

July 2020

With the success of using Zoom for the Ukulele practice/ performance still fresh in our minds and seeing how much the participants were enjoying virtual sessions, we decided to promote this further and with a little more IT support we were able to introduce a few more beneficiaries to virtual events and in particular, the regular Zoom 'Pub Quiz'.

The guys chose to play, competitively, in teams, in 'knock-out' rounds. Each session included a good amount of friendly 'banter' usually revolving around football teams or unfair advantages with 'easier' questions! But it was all good fun, with one guy saying "I really look forward to it"



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 or start a conversation and share your views online: Twitter: [@ted_EastLindsey](https://twitter.com/ted_EastLindsey)



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