October services overview for Loneliness and Isolation

Telephone befriending services

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| Age Concern | A befriending service open to anyone over the age of 60. Older people with be matched with a volunteer who will aim to call them once a week to have a chat |
| The Silver Line | Helpline that older people can call anytime (24 hours) for a conversation, information and advices, linking to groups. |
| Tackling Loneliness Together | SUFC\_ET offers regular friendship phone calls |
| Hello Life | Hello Life will make regular befriender phone calls. |
| Trustlinks new project-Talking Together  | Talking Together is the new befriending project, connecting people together over the next few months as we emerge from the COVID pandemic. Providing a listening and befriending service for isolated adults with mental health problems |

Home visits and garden visits

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| Folk Like Us | Folk like us are visiting members for garden gate visits during COVID.  |
| Hello Life | Lisa from Hello Life also does home visits and garden gate visits as appropriate. |
| Tackling Loneliness Together | April from SUFC-ET is also doing some home and garden gate visits. |

Groups and clubs referral

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| Folk Like Us | Folk Like Us had there allotment group going throughout the summer once lockdown was eased. They are starting up a new social group for winter in Shoeburyness.  |
| Tackling Loneliness Together | The project aims to connect more older people at risk of loneliness and provide general support to build people’s confidence to regain a sense of normality following the Covid-19 pandemic.They are running regular socially distanced sessions in the café on a Wednesday. I went along to visit the session, where people sat in groups around a table, they got a sandwich and a cake and tea, and played a quiz. It was a lovely afternoon and I am so excited to have such a great new service to refer to. I hope they will be able to expand the café sessions to more days as they are already proving so popular.Further support they provide includes digital support and you can see above they offer telephone and face to face visits. They plan in future to develop a ‘buddy system’, enabling more older people 65+ to attend matches in a supported fashion.  |
| **Hello Life** | Lisa is starting a small group drop in session on the last Thursday of every month, 10.30am-12.30pm at The Haven on Hamlet Court Road for older people.  |
| **SUF-CET** | Senior ShrimpersOur Senior Shrimpers programme delivers a monthly café held at Roots Hall, helping people aged over 50 who live within the nine most deprived wards of Southend, to overcome social isolation and keep active. Through these sessions the members have access to information and support appropriate to their individual health, social and financial needs. The monthly café includes a guest speaker; covering a variety of age-appropriate talks as well an inclusive social activity ranging from quizzes to indoor bowls. Monthly subsidised trips are also organised throughout the year culminating in an annual Christmas event.  |
| Wellbeing @ Garon Park | Garon Park Walking Football ClubWe are extremely pleased to announce the formation of the Garon Park Walking Football Club (GPWFC).Mark Elnaugh who has a wealth of experience at Chelmsford City WFC and manages the South East of England Over 50 Squad has volunteered to form the Club and it is hoped that we can evolve a thriving self-administrating walking football community.The Club is affiliated to the Walking Football Association and members will be able to play social and competitive games – strictly no contact The 3G surface was only completed in January 2020 and is divided into 4 separate pitches with over 50s, over 60s, over 65s men and women’s teams envisaged.GPWFC will benefit from use of an established Club House and changing facilities and the intention is to create a social scene with refreshments and possibly meals available.We plan to kick off with a session on Friday 4th September 10 am – 12 noon and we invite anyone who wants to find out more to come along and join in. There is no charge for the initial few weeks and the sessions will included tea and coffee.Also Walking Netball. |
| Wellbeing @ Garon ParkMore services planned and activities for younger people-see website. | Walk and workoutIn partnership with Active Life, we are extremely pleased to announce the start of our Walk and Workout sessions; an initial four week course, starting from Garon Park Cricket Pavilion and finishing with a coffee from our brand new on-site café. |
| Everyone Health | Staying Steady Strength and balance exercise class |
| Age Concern | Age Concern have started a range of different clubs and classes back up again. |
| Wellbeing @ Garon Park | Walking netball |
| The Garons Park Shed | Meet new people, get involved in individual or group projects.**Your Local Community Shed*** Are you interested in learning more about woodworking?
* Have skills that you’d like to share?
* Looking for the perfect workspace to build your latest project?
* Want somewhere to visit to share time and interests?

If so, Garon Park Shed is the place to be!Garon Park Shed has a well-equipped workshop with a planing and thicknessing machine, bandsaw, table saw, pillar drill and numerous powered and hand tools and full dust extraction facilities. We plan to run regular skills-sharing sessions where members can learn another skill or just see a different way to do a task.We are always interested to hear from prospective members about what they are interested in doing.If you would just like somewhere to come and chat and share experiences, then there is, of course, always tea and coffee available. As well as the these we have full access to toilet facilities adjacent to our shed.Why not come and join us? |
| Breathing Space  | Wild WalksEnjoy nature, meet great people and discover new things.Example Chalkwell to Old Leigh, Thorpe Bay Walk, Southend Pier to Chalkwell Beach |
| Southend District Pensioners Campaign | We are an informal friendly members group, signposting members who have problems to advisors and sharing information, whilst having a lot of fun.We go to lunch regularly and keep in touch with everyone even those that can no longer get about.<http://www.southendpensioners.org.uk/> |