

TED Working Together

#letstalkaboutloneliness



T.E.D.

Ageing Better
in East Lindsey

Loneliness in older people

Many people experience loneliness in older age, especially those over the age of 75, and feeling alone and vulnerable can lead to depression and a serious decline in physical health and wellbeing. According to Age UK, over 2 million people in England over the age of 75 live alone and many of these people go for over a month without speaking to a family member, friend or neighbour. With advancing age, people experience loneliness and can become socially isolated for a number of reasons such as leaving the workplace, a lack of family ties, the deaths of spouses and friends, or through declining health, disability and/or illness. Due to the stigma surrounding loneliness, people often find it difficult to reach out. Older people, in particular, do not tend to ask for help, and their pride is often the reason that holds them back. Talk, Eat, Drink (TED) Ageing Better in East Lindsey, therefore, seeks to raise awareness and change the way people think, acknowledge and talk about loneliness and social isolation.

About TED

Talk Eat Drink (TED) Ageing Better in East Lindsey is part of Ageing Better, a programme set up by The National Lottery...



TED is funded by The National Lottery Community Fund and is managed by Community Lincs



...Community Fund, the largest funder of community activity in the UK. Ageing Better aims to develop creative ways for people aged over 50 to be actively involved in their local communities, helping to combat social isolation and loneliness. It is one of five major programmes set up by The National Lottery Community Fund to test and learn from new approaches to designing services which aim to make people's lives healthier and happier.

Commissioned Services

TED commissioned services are based on investment and include:

Fitness, Food and Friends – Magna Vitae

Aimed at community groups and the over 50s, this 12 week course involves nutritional advice, gentle physical activity, some practical cookery, and social activities. To date, sessions have been delivered in the following community venues: Wragby, Holton le Clay, North Somercotes, Skegness Saxon Fields and Chapel St Leonards.

For more information please contact Tracey Wilkinson or Marko Humphrey: tracey.wilkinson@mvtlc.org; marko.humphrey@mvtlc.org; 01507 681816.

CHAPS (Community Health Activity project for men) – Magna Vitae

Using sport as a theme, weekly sessions allow men to meet and socialise whilst doing familiar and popular working class past times such as: watching televised sport; playing pub games (darts, dominoes, shove ha'penny and cards etc.); reading and talking about the latest sports news; and sharing their memories.

For more information please contact Elizabeth Atkin: elizabeth.atkin@mvtlc.org; 01507 681816.

TED Men Do – Carers First

Regular programme of male orientated events across the whole of East Lindsey based on the carers voice, geared towards creating opportunities to build sustainable friendships, reduce loneliness and social isolation. Organised trips, activities and tailored support that provides opportunities and social interaction for men only.

For more information please contact Sarah Vines: sarah.vines@carersfirst.org.uk; 07391 418586.

Becoming Digital – Lincs Digital

Providing digital outreach within East Lindsey and delivered in venues requested by community groups. Covering all aspects of essential digital skills and supporting groups with online safety, use of devices, and awareness of online services e.g. banking.

For more information please contact Rich Avison or Ann Avison: lincsdigital@outlook.com; 07833 151469.

TED Specialist Advice – Citizens Advice Lindsey

Providing free, confidential, impartial advice to people aged 50 and over. Topics include: benefits, debts, housing, and consumer issues.

For more information please contact Marissa Ward: marissa.ward@citizensadvice.org.uk; 07977 226520.

Befriending – Age UK Lindsey

Home visits and information on social activities. Home visits include befriending support for people who have little or no social contact. Information is also provided on social groups and activities in the local area. Telephone and home visiting befriending are both available.

For more information please contact Jennie Wilson: befriending@ageuklindsey.co.uk; 01507 524242.

Gateway to Friendship group – Age UK Lindsey

Friendship groups provide opportunities to meet socially in the local area. During group sessions, organisations attend and offer information on available services that might be of interest.

For more information please contact Jennie Wilson: befriending@ageuklindsey.co.uk; 01507 524242.

Friendship Groups

TED Friendship Groups are a self-sustaining community initiative and the aim of the groups are to welcome and encourage anyone over the age of 50 to get involved with their local community, meet new people, and take part in social activities. Friendship groups are led by volunteers and support is provided by the TED Friendship Officer. Volunteers are encouraged to plan activities, outings and engage members of the group to ensure the groups success and longevity.



How TED Ageing Better in East Lindsey is making a difference

Quotes from Service Users, Volunteers and Delivery Partners

'I have never laughed so much in all my life. I have come to a few sessions now, at home I look after my cats and that's it really. I don't go out. I like to speak to the people here and have a laugh.' (TED Service User, Friendship Group)

'One of the men described that only a year ago he was in a bad way with regards to his mental health and he said that there was no way he could have attended this group. He also said he had to re-learn a lot of things due to losing a lot of his memory. He commented on how he had enjoyed the session and he took part in many things and chatted with the others. He said: "I haven't been able to plan or look forward to anything for years, it was just day to day survival, but I will be honest with you that I am really looking forward to coming next week"'. (TED Delivery Partner, CHAPS)



'I was ready to pack it all in, I really was. I used to lie in bed and think how am I going to fill all the hours in the day. Now I'm up and out and there is no better feeling than being able to help somebody else who needs help.' (TED Volunteer, Friendship Group)

'The client was at a loss when I first met him; he was having financial difficulties and also struggling with his health issues due to recently losing his partner. I helped him sort out his finances, apply for additional benefits and helped him to manage his budgeting. This was only part of his problem as he was also feeling lost and lonely due to his recent bereavement. He started calling into the drop in centre on a weekly basis just to have a chat with people at the drop in sessions. This was his only point of contact with others but it was slowly bringing him out of himself. The first day he attended he had his head down and wanted to get out of the place as soon as possible, but now he comes into the centre of his own accord. He has also started to attend a local cafe with some of the other groups he has met at the centre. He has started volunteering on a weekly basis and feels his life is starting to get better and feels as if he is useful once again.'

(TED Delivery Partner, Citizens Advice)

'I moved onto the new Saxon Fields development on the 28th April 2017. I live on my own in a bungalow. I don't bother with neighbours. I spend most days on my own in my home. Since the Hub opened it gets me out every week, I meet new people and I do exercise with Erica which I enjoy with no pressure from anyone – it's fun. The last hour Marko does some cooking which we taste at the end. This is very interesting as Marko uses ingredients I've seen but never used. He also explains what the foods are, why they are good for you and on occasions what foods help with ailments. The foods are not too fussy, minimum ingredients and cooked in one pan which is ideal. I didn't often bother with a lot of cooked meals for one. But I do try now'.

(TED Service User, Fitness Food and Friends)

Case Study from Lincs Digital / TED IT Project

'Maggie (pseudonym) joined our online course, which is a TED funded project. She attends our weekly sessions which take place in a small village in a rural location.

Maggie has lived in another local village for a few years having relocated due to health issues from a large industrial town. She lives with her husband. They are both retired and thought that living nearer the coast within a village would be the perfect retirement for them. What they soon found was that they had no social network and found it hard to make friends due to the small

spread out population within the village where they were living.

Maggie's computer experience was limited and her husband had no computer experience. What she had been taught was from her children and grandchildren. She could text but if anything looked different she was stuck. She had an old computer a family member had given her.

We started by talking to her and seeing what she wanted to be able to do on a daily/ weekly basis. Contacting her family was very important, as she felt she was missing out on her older grandchildren's lives. She also wanted to be able to shop online in case they found themselves in a position where they couldn't drive or get out.

We started by looking at the basics, learning what keys are and what they did. We operate our courses in a unique way where we customise the courses to the individual/group's needs. This way of learning is very successful and one that works very well within a group situation.

We spent time with Maggie looking at facetime and social media. With Maggie being able to text we looked at how she was texting and made sure she was using her phone correctly. Maggie practised every day and at night times she was talking online to her children and grandchildren - she was delighted.

Maggie's learning has continued and she has just bought a new tablet. We have set the tablet up for her so everything is correct and safe. Maggie has now moved to learning online banking, and has joined another group we run on a weekly basis. Her confidence has grown and continues too. She is talking to others and seeing what other social activities they are all doing during the week.

Being part of the community and understanding our target group is what helps to make our learning groups successful. Everything is done with our learner at the centre of our group, to make sure that they have achieved what they wanted to do.' (TED Delivery Partner, Lincs Digital)



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 1279 registered TED members, 69 businesses across East Lindsey hold an Age-friendly Business Accreditation, and 451 volunteers have contributed 6,751 hours to the TED programme between April 2018 and February 2019.

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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