



## Breaking Loneliness and Isolation Amongst the Elderly

### Folk Like Us

Folk Like Us is a project of Southend Association of Voluntary Services (SAVS) and delivered by the Turning Tides Team. Turning Tides carries out community based projects in conjunction with partner organisations. Turning Tides promotes active citizenship and offers a range of activities for people living in disadvantaged areas. The project encourages involvement in social activities, volunteering, training and environmental projects. All Turning Tides staff are Community Safety Accredited.

The Big Lottery funded Folk Like Us project will aim to address the following issues;

- Older people in Southend feeling isolated because they cannot participate in social activities in the local community, due to transport difficulties, poor health, not knowing what is available and a lack of confidence.
- Older people feeling disadvantaged because they can't easily access information which could lead to an improved quality of life. This is because lots of information tends to be available online, or can only be accessed by attending certain groups or being on a specific mailing list. Older people are not sure of who to ask, or do not know that resources exist to help improve their quality of life.



## Why we deliver Folk Like Us

Turning Tides has been delivering community projects in Southend over the past 8 years and in this time has engaged with many elderly residents, supporting them on issues involving their neighbourhoods, transport, safety and relevant support services.

Over this time many elderly residents have stated that they feel isolated or lonely. In some cases they are aware of social groups or services that would benefit them but lack the confidence to access them.

Through spending time with individuals, assessing their circumstances and learning about their interests, we can identify barriers to break down.

By building confidence and raising awareness of social activities and support organisations in Southend we will bridge residents into relevant services and decrease their loneliness and isolation.

Turning Tides works with many partner organisations for example Age Concern, Club 50+, Papworth Trust, South East Essex Advocacy for older people etc...

### Past study and research shows why our project is needed;

Those who are isolated can also experience loneliness. Between 6% and 13% of people aged over 65 say they feel always or very lonely (Victor, 2011). Over half of all people aged 75 and over live alone (ONS, 2010). Loneliness and social isolation are harmful to our health; lacking social connections is the health equivalent of smoking 15 cigarettes a day, and is worse for older people than obesity and physical inactivity (Holt-Lunstad, 2010). Research has shown that older people who are ill are more able to recover if they have social connections and friends (Marmot, 2010).

### The Folk Like Us project will lead to the following changes for the elderly:

- Be more confident to access services and social groups
- Experience decreased isolation and loneliness
- Be able to access information in way that suits them
- Learn new I.T skills—internet, smartphones, skype etc...

## CONNECT EVENTS

Connect events are run every 3 months. Members are invited to come along and hear from a guest speaker covering a variety of subjects i.e. fraud, history, health etc...

This is a fun way to meet other members and share experiences, lunch is provided and activities like quizzes or raffles are part of the event.



## HOME VISITS

*We know that some older people are housebound through mobility or health conditions and are not able to visit the HUB.*

*We will therefore provide regular home visits to those who are unable to leave their house, and our support for this group will be adapted accordingly.*

*They will have the same opportunity to receive support and information and feed back into the ongoing development of the service.*



## THE HUB IS Now Open

Monday to Friday 10am- 2pm

SAVS Centre, Ground Floor

29-31 Alexandra Street

Anyone can drop in during these times whether they are a registered member or general public seeking information.

The HUB is a place you can come for

- a chat with the team
- meet other people
- Learn some basic I.T - smartphones, tablets and computers
- Learn cooking skills in the HUB kitchen

# Turning Tides Team Members

We are here to help make a difference.



**Anthony Quinn—Turning Tides Manager**



**Heather Ward—Project Support Worker**



**Laura Wilson**



**Lee Bagnall**



**Hayley Duff**

**Turning Tides Team Leaders**

**Folk Like Us is a three year project**

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**Big Lottery Reaching Communities Fund**

**Contact Turning Tides on 01702 356070**



**LOTTERY FUNDED**

**SAVS**  
Southend Association of Voluntary Services

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