



age connects cardiff & the vale.

Hap End of Year Report - April 2016 to March 2017

Referrals

- **Total Number of eligible referrals for the year – 190** (176 in 1st year)
 - 178 - 1st referral, 12 – Subsequent re referral(s)
 - Jan 7, Feb 21, Mar 10 (Target = 30, Actual =38)
- **Referrals by district**
 - Cardiff East 18 Cardiff North 75 South East 18
 - South West 26 Cardiff West 34 City & South 17 Out of Area 2.
- **Top referrers**
 - 46 from Beverly Williams – Age Connects CRT staff Cardiff North & West
 - 8 from Rosemary Counsel & Joy Corley – Age Connects CRT staff Cardiff South & East
 - 16 from Age Connects internal staff members
 - Family 13 & Self-referral 13
 - 17 from Health Professionals & 10 from GP surgeries 10 & 7 Occupational Therapists
 - Social services 21 & Independent Living Service 13

Clients

- **Total number of clients over the year – 330** (184 in 1st year)
- **Active clients at end of year – 169** (134 in 1st year)
 - Active clients at the end of January 172, Feb 175, Mar 169
- **New clients for the year - 178**
 - New clients in January 7, Feb 18, Mar 10
- **Closed clients - 161** (53 in 1st year)
 - 14% were not eligible & 6% declined the service at the very start
 - 24% declined the service once it was established.
 - 5% reported not being lonely anymore or too busy for a volunteer
 - 10% stopped due to illness (2% of these due to serious memory issues)
 - 6% deceased, 4% moved away, 6% went into care, 4% lost contact with
 - 3% only wanted info on activities, 2% wanted another service (shopping, transport, sitting)
- **Clients on waiting list at end of year – 33** (21 at end of 1st year)
- **Clients by age range – Over 80 = 75%** (78% at end of 1st year)
 - 60 to 69 =6% 70 to 79 = 19%
 - 80 to 89 = 47% 90 to 99 = 27% 100 to 109 = 1%
- **Clients by gender**
 - Female 77% Male 23%
- **Clients with a care package**
 - **26% Council & 15% private.** (35% & 10% private 1st year)
- **Client services received**
 - **15% for Community Link & 85% are for Befriending** (12% and 88% in the 1st year)

Client Outcomes

The Campaign to End Loneliness Measurement Tool – This tool contains the following statements:

1. I am content with my friendships and relationships
2. I have enough people I feel comfortable asking for help at any time
3. My relationships are as satisfying as I would want them to be

To each of these statements, we ask our respondents to give one of the following answers:

Strongly Disagree / Disagree / Neutral / Agree / Strongly Agree / Don't Know

To score somebody's answers, their responses are coded as follows:

Strongly disagree 4 Disagree 3 Neutral 2 Agree 1 Strongly agree 0

The scores for each individual question need to be added together. This gives a possible range of scores from 0 to 12, which can be read as follows:

Least lonely 0 1 2 3 4 5 6 7 8 9 10 11 12 Most lonely

So, someone with a score of 0 or 3 can be said to be unlikely to be experiencing any sense of loneliness, whereas anyone with a score of 10 or 12 is likely to be experiencing the most intense degree of loneliness. Scores in-between these two extremes are on a spectrum of feelings of loneliness; however, it is not possible to say that each point on the scale represents an equal increase or decrease in the degree of loneliness someone might be feeling.

The main purpose of this tool is to measure the change that happens because of an intervention to address loneliness. The key thing to focus on is how people's scores change over time. If someone scores "9" at one point, and then "7" three months later (after having been matched with a befriender, for example) it is reasonable to assume that their experience of loneliness has decreased. You should not say "this person's loneliness has decreased by 22%" because it is not possible to say by how much it has decreased – just that it has improved.

87 active clients have completed their 1st Assessment & 56 active clients have had a 4-month assessment. Of the clients that have now completed both assessments and fully answered all the questions both times allowing us to now show a change over time.

- **77% show an improvement in their experience of loneliness.**
- **7% show no change in their experience of loneliness.**
- **15% experience of loneliness has gotten worse even after we have placed a volunteer with them.**

How satisfied are you with the help you receive?

Highly Satisfied & Satisfied = 87% Highly dissatisfied or dissatisfied 9% Neither 4%

Made me feel less isolated.

Strongly Agree & Agree = 87% Strongly disagree or disagree 10% Neither 3%

Improved my quality of life?

Strongly Agree & Agree = 84% Strongly disagree or disagree 6% Neither 6%

Help me stay independent & living in my own home.

Strongly Agree & Agree = 40% Strongly disagree or disagree 26% Neither 34%

Helped improve my confidence?

Strongly Agree & Agree = 43% Strongly disagree or disagree 17% Neither 39%

Can you put into words what difference the service has made to you?

- It's made such a difference to my life - I so look forward to Avril coming. When I go out it's always for hospital appointments - it's lovely to go out with Avril for enjoyment!
- It's somewhere to go, people are very friendly. It means I go and meet people. Otherwise would just be at home because I can't go out on my own anymore because of unsteadiness on feet and breathlessness. I met a lady there I used to know when attending art class many years ago.
- I look forward to Rachel coming and going out with her.
- The difference is that I can now go out and see other people and places
- Marvellous. I look forward to going out with the volunteer on Friday.
- Look forward to going to my lunch club and have a chat with local people
- It's the most important thing of all to have communication with people, and it really helps me because it brings me into contact with people. I would feel extremely lost without it.
- Can also bring in fresh fruit/milk on [the] way- is an additional help.
- Someone behind you - someone to talk to and take away the loneliness
- I look forward to his weekly visit. It's nice to know what's going on in the world. I'd be lost without him.
- Having Cary's visits has 'made a lot of difference to me someone to look forward to - who I can talk to'.
- All I can say is you've made my life a hell of a lot better
- She has made a lot of difference. I always look forward to her visits. I wait for Mondays to come.
- I couldn't be more grateful.
- I look forward to her visits as they provide me with company
- It's nice to have someone to talk to, and someone who is there to help get things if I need anything
- It means that I am seeing someone when I don't get out. That visit really does make a difference.
- I can talk to Catherine about anything
- "We have a little chat...and that's what I missed before Bev came"
- It's company and a big help - I don't see many people and I'm not a good mixer
- It has made difference because it makes me look forward to something. I look forward to seeing her - She understands without judging"
- It helps no end - it has great meaning. It's nice to know I have someone I can turn to if I need them
- Julie visiting has given me more confidence to see outsiders and more family and friends
- I look forward to Hannah's visits, she's good company and I enjoy card games and a chat.
- The service has helped to bring the outside world in...
- It's fantastic. Someone to look forward to every week as I'm housebound.
- Look forward to seeing her- very warm person, I call her my little angel. She now brings baby George born Oct 15 as well and I love to see him. She bought him to see me when he was four days old.
- She's more my family than volunteer'
- "A big difference. Less isolated. David calls every week and stays a couple of hours"
- A great deal. Having someone to talk to and help me has reduced my isolation greatly.
- A big difference. I have someone to chat to. I would be lost without him.
- It has made a lot of difference. It is lonely sitting in the house on my own. Visitors break the week up.
- I look forward to Tim coming once a week. We talk about books or television.
- Nice to have a chat with someone of the same views. It's nice to have something to look forward to.
- I don't think I could get a better person than Steve. He can't do enough for me. I couldn't ask any more.
- Made a lot of difference - somebody I can talk to and gets me in touch with younger people.
- My volunteer has made a lot of difference to me- it's someone I can trust, who I can talk to in my house. She's very nice and I do get on very well with her.

Would you like to say anything about the volunteer that visits you?

- My volunteer is great. If I am depressed when she arrives, I am laughing by the time I get into her car.
- She is a tremendous help to me, not physically but mentally. I feel so relaxed with her, she's a wonderful person and I would miss her greatly if I didn't have her
- I always look forward to seeing Sue. She's bought me out of myself. she's good and listens to me. she makes my afternoon. I just hope she never stops coming.
- She's good comp[any and we get on so well. I'm very grateful for the service, you are angels. I took to Volunteer manager and Hannah immediately. If I was marking it ABCD, I'd give you an A !!
- I feel a lot better for being able to go out, thanks to Steve.
- I get on well with Alan (volunteer) He helps me into the lunch clubs, takes me there.
- "Linda's like a breath of fresh air. She's a lovely girl and very helpful - and we enjoy some lovely chats.
- She's very friendly - good to have someone to talk to about gardening
- A great bloke. It's as if we have known each other for years.
- She is very nice, interesting and helpful. I look forward to seeing her. She would do everything that she could for me.
- 'She's very nice and I get on well with her'. When had recent attempted break in, Cary's v supportive.
- Avril is lovely, helpful and very kind.
- He is very kind and engages me in conversation which we both find interesting I think.
- I appreciate her - she's very nice and I'm sorry she's working so I can't see her more
- it's a friendly atmosphere. It's as if a friend has come to see me. She's got a nice personality.
- She is a very kind person. We have known each other for over 10 years through coffee mornings.
- She is lovely, cheerful and chatty. When she comes, she always takes me out.
- She is a lovely lady who does everything she can for me. I am lucky to have her. She gets "full marks".
- I know if I want anything I can tell him and he'd sort it
- He is a perfect gentleman. We have a good chat, covering lots of topics. Conversation is never difficult and the hour passes very quickly. He is a nice man.
- She's very interesting and it jogs my memory. Sandra is lovely, very Nice lady. I enjoy her visits we have lots to talk about.
- She is like a friend - I have a confidence with her that I don't have with others
- He is a very pleasant man who is interesting to talk to - I'm always happy to see him
- She is a very very nice person. There's nothing nasty about her in any way - She's very sociable and will do anything for you. She always offers to help me however she can
- If it wasn't for Volunteer Manager and Rachel who takes me to luncheon club I wouldn't be able to go the luncheon club
- I'm fond of Sian, she's a sweet young person coming in and we sit down and converse together over many things over a cup of tea. We also share a love of music.
- Gemma is 100% and genuine. She comes with a happy face and she leaves with a happy face.
- If it wasn't for Ann I wouldn't be alive
- 'She's v kind a - and sees me as grandmother'
- Very kind, very reliable and enjoy chats with him very much"
- He is a very nice man, very easy to talk to and interesting. He adds a quality to my life that I did not have before. We have a laugh together.
- We never lack things to talk about. I love to see her. She couldn't do any more for me. I relax around Chris and feel less anxious.
- He is wonderful. He makes me feel that it is a pleasure, not a duty, to visit me.
- Kathryn is a lovely lady. I could not ask for anyone nicer.
- It is lovely to see Colin once a week and to go out with him.

Is there anything we can do to improve the service?

- Could use some referrals to extra services - needs a new ladder for loft access, and help putting things into the loft. Also, needs a new disabled badge to use when carers/Ann takes her out so they can park close to the shops.
- At the moment, another visitor would be a bit much. Would be interested with the right person. (Mon/Tue/Wed only). Already has people she speaks to on the phone.
- I could do with some help in the mornings and with preparing breakfasts.
- Have visits more often - is very lonely and Lucy cannot make it as often as she would like, making Margaret unhappy with the amount she is seen. Would perhaps like to investigate possibility of a second volunteer
- I would like to be taken out now and again.
- Worries over services changing. Reassured Rachel will remain visiting.
- No, it's fine. I'm very happy with the service & No, just wants it to carry on as it is
- If I could walk better and my hearing aids worked better, I would like to go out more.
- In the Summer when there's no lunch club would like to go out with the volunteer.
- No - 'I'm just very grateful for all your help with Cary's to be honest'
- No, enjoys the company & if he needs any other help he can get it from neighbours & family
- Don't think so - currently has help in the garden/house and uses poppy calls when she needs repairs
- "No, it's been so wonderful - thank you so much. David is so polite and look forward very much to his visits. I'm socially isolated, only seeing people passing by. I share David's interest in Poetry and Gardening. David and given me photos of the garden.
- No thanks, I don't feel isolated anymore & Not now - grateful for the support from my volunteer
- I would like more contact. Also, if I am getting a lift & there is more than 1 person, I need a 4-door car.
- Happy to have someone, likes speaking with Harry, but doesn't feel it's really made a difference to her
- Send activities directory - might be interested in activities. The obstacle would be getting there.

Would you like a telephone befriending service on top of the volunteer who visits you?

- 14 out of 76 were referred to Silver line at the 1st Assessment
- 4 out of 58 after 4 months also asked for a referral to a telephone befriending service.

Would you like a pen-pal service?

- 0 out of 58 after 4 months asked for a pen pal service on top of the volunteer already helping them.

Attend a lunch club, friendship group or meet other people we help?

- 8 out of 58 asked to go to a lunch club at the 4-month assessment.

Would you be willing to phone and chat to other people we help?

- 5 out of 58 offered to phone other isolated older people at the 4-month assessment.

Willing to take part in a focus group or be interviewed?

- 8 out of 58 offered to take part in a focus group or be interviewed.

Volunteers

- **Total Number of Volunteers involved over the year – 211** (192 in 1st year)
- **Active Volunteers at of the year – 146** (128 in 1st year)
- **Closed Volunteers - 65** (64 in 1st year)
- **Volunteering Enquiries 213**
 - **25** (Quarter 1) **25** (Quarter 2) **36** (Quarter 3) **127** (Quarter 4)
 - Age UK National Advertising 57 (Most at Xmas period, 6 have become volunteers)
 - Our Website & Social Media 39 Internal staff & Volunteers & Word of mouth = 26
 - Leaflet delivery & Posters 26 Volunteering Wales 13
 - Volunteer recruitment events 4
- **New Volunteers recruited - 57** (Target 36 for the year)
 ○ Jan 15, Feb 5, Mar 10, total = 30 (Target 9 per quarter)
- **Volunteers by district**
 - Cardiff East 18 Cardiff North 69 South East 33 South West 28
 - West 34 City & South 17 Unknown 6 Out of area 6
- **Volunteers by age range**
 - Working Age (16 to 69) = 86%
 - 18 to 20 = 9 20 to 29 = 41 30 to 39 = 41 40 to 49 = 27
 - 50 to 59 = 36 60 to 69 = 27 70 to 79 = 26, 80 to 89 = 1
 - 90 to 99 = 1 Unknown 2
- **Volunteers by gender**
 - Female 80%, Male 20 %
- **Volunteers services**
 - 80% befriending, 15% willing to do Befriending and Community Link, 5% admin support.

How satisfied are you volunteering with Age Connects Cardiff and the Vale?

- **93% Very Satisfied & 7 % fairly satisfied** (89% for year 1)

How are you finding your volunteering role?

- Fine, we get on fine. But we won't be progressing anywhere. Vera is frail and getting frailer, and doesn't like going out (a little agoraphobic)
- I love it, seeing the change in my client over the last 12 months and sharing her joyous experiences.
- I am finding it very enjoyable. It makes me feel positive after giving up my time to spend it with someone who really appreciates it.
- I'm enjoying it-gets easier the longer it goes on, as we have more conversation. Joan's as good as gold
- I generally enjoy it and fully intend to continue but I sometimes find it a bit of a struggle.
- I find it very rewarding. It forces me to stop and give time to others.
- Very enjoyable, symbiotic. Very pleasurable for both of us.
- I find it enjoyable, rewarding and enriching, but sometimes a little frustrating as I feel that my client could mix a little more.
- I find it interesting and rewarding and that I am learning new things every day
- Rewarding, sometimes stressful. Increasing client demand due to client's ill health.
- Fine. enjoyable. Fits in with my life and I find it interesting. A nice feeling about helping people and how they appreciate it.
- Interesting. It enhances my listening skills and conversational abilities with an old and vulnerable person.
- Good-I look forward to it and so dose Rose, Nice to know I'm making a difference and appreciated

- Really enjoy it, find it very rewarding. Feel lucky for a good match, compatible personality.
- Fine, not finding it hard, go once a week on average (holidays/sickness permitting) stays 1 hour in the evening, easy to talk with, has had an interesting life
- I am thoroughly enjoying my time with Age Connects and my role as a volunteer.
- Not the same since she moved into a care home.

What do you enjoy about it?

- I enjoy seeing my client improve every time I leave. It meant a lot when he said how much better he feels after the visit.
- Seeing the change in my client during the time that I am with her. She appears frail to start with but becomes increasingly independent and sociable.
- I enjoy being able to make Doris feel happier and giving her space to talk about how she's feeling and to listen empathetically.
- The fact that I make a difference to my client's life and her gratitude when I go to see her.
- My client is a really nice person who I enjoy spending time with. I get satisfaction from encouraging her to go out and about with me.
- Making a difference to someone else's life. giving them confidence back and something to look forward to.
- Hearing client's stories and getting to know their history and personalities.
- I feel that I make a bit of a difference to the lives of the people that I visit, when I am there.
- Seeing people happy when I'm there, giving people a bit of fun and having a laugh and a joke
- love having friendship with Barbara and having a laugh. I feel like I get as much out of it as she does. Love getting her out and about to garden Centres etc.
- I enjoy the 'lift' that it gives to my client and the way that it puts my life in perspective
- Talking, finding out about stories from decades ago, before the Second World War even. I also enjoy seeing that the person enjoys reminiscing.
- I feel as if I am doing something good, giving something back. There are a lot of lonely and isolated people out there and I am pleased to help out.
- Like to think it makes a difference. Being there to talk about things she does not feel comfortable talking to family about.
- It's something different from my normal life. D is vocal about enjoying seeing me which is nice - good to know I can help her feel less lonely.
- I enjoy building on the relationship my client. We are starting to know a lot about each other as well as learning from each other.

Is there anything you would like to change in your volunteering role?

- Get Rita downstairs - always in bed in PJs. Would like to go out with Rita but can't push the wheelchair - would appreciate one off help to get to a service on 30th Oct which she would like to attend in memory of her husband. (1 year). Resurrection Church.
- I would love to take my client outside in her wheelchair, but unfortunately the weather has prevented us from doing this so far.
- No - just want to get Barbara out and about.
- Not unless you can get me a 2nd client.
- I would like to meet other volunteers if possible.
- Possibly a link with the Alzheimer's Society so that I can understand and help her more.
- I would like to find out about different volunteering avenues with Age Connect.
- Not really; missed manager support but happy now. Wish I could do more for clients under the scheme i.e. shopping & hospital appointments.

- Maybe a bit closer to my house - walking distance.
- Not right now, full time work so too busy. Interested in getting involved in dementia in the future possibly.
- It's fine for now-have spoken with Jo King about helping in future to encourage others to volunteer
- Don't think so. Has offered to take D to shop but she declines.

Is there anything more you would like to do?

- Happy to take Rose to the shops if she needs it and take her to hospital and Christmas lunch
- Happy to help with transport, drop of & pick up. Could do occasional transport visits to groups etc but couldn't do every week.
- I am studying in Cardiff University so as long as it is not too time consuming, I would be more than willing to promote this fantastic charity.
- Not regularly but is willing to do transport for one person for special events.
- Happy to take [on] another client. Any day except Thursday afternoons. Fortnightly works best.
- A possible further client is something I talk with my coordinator from time to time.
- Yes, definitely - will look for similar voluntary work when I move.
- 2nd Client, someone to take out & Possibly a 2nd client or mentoring & Possibly a 2nd Client in the future & Would consider a second client.
- I could help with transport at particular events and mentor another volunteer.
- No, I have a lot of commitments & No - no time to spare & No - haven't got time, have multiple volunteer roles.
- Maybe at a later time when I give up my 2 days working.
- Occasionally willing to fill in for other volunteers when they are away
- Nothing else regular. But happy for occasional transport (eg round table).
- Depends on day and time really. - afternoon weekdays are best
- Telephone befriending sounds very interesting. I would try it hopefully.
- Shown an interest in care home projects-would like updates

How have you benefited from your volunteering experience so far?

- It makes me feel better that I am doing something for other people. I have enjoyed her coming to my house and meeting my family.
- It is the most relaxed part of my week and it has boosted my confidence interacting with others.
- It has made me feel good about myself and it filled a need for me, a 'caring void', when my youngest left for university.
- The satisfaction of cheering up the client when I manage to get her out.
- It makes me feel that I am giving something back and contributing positively to someone's life.
- Nice to get out and have a chat - doing something and giving something back. Feels like it's the right thing to do and that she would want it in their position.
- I have learnt a lot about myself. I derive enjoyment out of helping people and I enjoy the company of the elderly.
- Insight into how housebound cope and difficulties they face on day to day basis.
- It has helped me with my perception of older people. It has also developed my patience, not infantilizing the client but dealing with new situations as they come up.
- It has given me an insight into dementia. I like doing things to help others.
- Learnt about the history of Cardiff. Met some great people,
- I have gained more knowledge and I feel better about myself doing something for the community.
- By giving her that smile. - Nice to know she's brightening someone's day

- Makes me happy to see people happier and enjoying my company
- It's helped me to realize I would like to be a counsellor.
- It's been so fulfilling - great getting to know Barbara and her life - past, present and history.
- Yes- it has built my confidence, and gives me something to do I look forward to it
- Learnt more about what it's like to be elderly and limited in what you can do. Has given a good structure for the week and been a challenge to find things to do/talk about with Vera.
- It makes me feel good that I am doing something for someone
- I feel it has enhanced my communication skills with older people, which has benefited my role as a Telecare Operator.
- Making a difference to someone's life. Social events etc. Feeling like I'm part of the organization.
- It is an opportunity to meet people whom you would not normally meet and people of a different generation. Going out and doing things at a slower pace.
- Getting advice from Ray, and seeing more social care for the elderly. A small personal insight into voluntary and social care
- She cheers me up when I see her. Sometimes when I am having a bad day/am stressed its nice to see her. It's nice to think about other people's problems rather than your own. Hearing about her week takes my mind off my own problems.
- Visiting my client helps me escape from the pressures and stress of University life. I love meeting & forming relationships with new people so have loved this experience.
- I have made a new friend and have been made to feel like 'part of the family'. I have learnt a lot from Iris, she is very open minded.
- Lilian is always pleased to tell me; in fact, I think she looks forward to it. I get a lot of pleasure from hopefully bringing a little levity to her life.
- When I visit Eileen her face lights up when she opens the door and she says "it's so nice to see you". She is the same age as my Mum would be, so we have things in common to talk about. It's very rewarding.
- It has helped me by me having to get out and about, also meeting different people I would normally have not met.
- I'm happy to be helping those in need. Developing further good communication skills with clients.
- Spending time with someone who has lived an interesting life. Also encourages to slow down.

Have you experienced any problems or are there any issues you wish to raise?

- The client can be quite negative on occasion and that can be hard to deal with.
- I have felt uneasy when her mentally ill son has been present, as was the client (see reports)
- A little concerned about financial dependency on the client by her granddaughter.
- Not really. Once Jean didn't answer the door and I couldn't get through to David - very scared it could happen again and spent the day worrying something bad had happened.
- Rita acquired Val's number and has called a few times but Val has been clear and boundaries set.
- Margaret has a drinking problem, sometimes calls inappropriately/is drunk. Not happened recently though. Julia and Trevor: Julia is very controlling and is difficult if I (Anne) needs to rearrange their visits.
- No really-Julia and Trevor can be difficult sometimes, Trevor doesn't remember visits due to Alzheimer's and Julia isn't always there when Harry visits so complain that he never goes there anymore
- I think Doris is starting to suffer from dementia but it doesn't seem to make her unhappy.
- Not really, except Vera has fallen out with her son, causing Stella to have to help where he usually would. They have spoken once since it started about three months ago, But relationship is very bad at the moment.

- Only once. My old person was not in as expected (and arranged). However, I did the right thing, as confirmed by my coordinator - I called him.
- No real problems, come away a bit worried sometimes due to low mood (Marjorie's depression and anxiety) Marjorie dwells on the death of her husband a lot. This brings her down very low especially when alone.
- D is having some memory issues lately. Had a stressful week when D's fire(?) broke and D called Jennie [me?] a lot that week as she felt she couldn't call her daughter. I had to go over to talk to engineers a lot. Fine since then.
- Certain problems Fred has and discusses, such as his financial issues or things I simply don't have time to do. I feel bad for him as I could feel I could do more for him, but with my job and family commitments it would be very difficult.
- Iris has been in hospital, where I did visit her. since her discharge from hospital Iris has been getting tired and anxious more quickly and hasn't been able to venture out as much.
- No. Sylvia sometimes asks me to read her letter/post to her.
- I think Avis is lonely. I think she would like another volunteer when asked by Jean.
- I have not been able to see Joan as much since Christmas as she has been in and out of hospital. Joan has had a number of falls and isn't able to go out as much at the moment.
- Dorothy does occasionally expect a bit too much
- Norma's itching to get out, would like another volunteer. Didn't know when Norma went into hospital.
- Audrey's eyesight getting worse. -Might benefit from council care package/cleaner Audrey is quite scared and nervous of things.
- I'm not very good at leaving her -I worry about her -Mary's living conditions are poor -Mary's memory is worrying.

Directory of Services

- There are currently approximately 90 Lunch clubs, Friendship clubs and frail exercise classes activities maintained on Dewis by HAP staff and volunteers
- Age Connect also currently has entered approximately 250 other entries into Dewis from its old activities directory. (Grant from Cardiff Council)
- The best search term we have found to find activities that an isolated older person might be interested in attending is "make friends" -
<https://www.dewis.wales/SearchResults.aspx?q=make+friends&loc=CF14+5GP&geo=&d=10&t=1&c=&a=&o=&sf=#results>
- Lunch clubs can be found at this link (lunch club entered into the search engine)
<https://www.dewis.wales/SearchResults.aspx?q=lunch+clubs&loc=cf14+5gp&d=10&c=>
- Exercise Classes can be found at this link (exercise entered into the search engine)
<https://www.dewis.wales/SearchResults.aspx?q=exercise&loc=CF14+5GP&geo=&d=10&t=1&c=&a=#results>

Partnership Working & Community Development

- The 1st lunch club network meeting happened on Tuesday 14/03/2017.
- There has been no contact with the proposed Day Opportunities team