Wellbeing Support
For Older Adults
Neighbours Connect Southmead

20
Lunch Clubs

Managed by a trained Occupational Therapist, we offer tailored support for adults aged 55+ who may be experiencing isolation or receiving care at home. This includes life planning, one-to-one befriending, lunch clubs, social groups, and day trips out.

> Life has changed a lot since I've met my volunteer [.] Without her I would be very isolated - Mary

75%
of participants said their confidence was higher

Mary needed support after a life-changing stroke. She could not get out and about like she used to, and do what she loves best - talking to people!

Her volunteer now helps to keep her connected during trips to cafes, and they have great chats about politics, life, and everything else!

Day trip to Aerospace

This year 20 Lunch Clubs and four day-trips have helped to build our participants' confidence to go out, and to live independently in the community.