

## Examples of groups and schemes to support communities.

### Lunch Clubs

- May be held in village and church halls, schools or local pubs, or in homes for small groups.
- They provide a chance for older people to meet and chat, and make new friends over a hot meal.
- A local pub may provide a meal by arrangement, involving no organisation or compliance with regulations.
- A church hall might be a suitable venue for a hot meal delivered by a catering company, served by volunteers who have collected local residents by car.
- Considerations around food hygiene and becoming a Registered Food Body need to be taken into account when volunteers are cooking.



### Inter-Generational Events/work

- Bring older and younger generations together in various ways.
- The organisation and hosting of several of these events have been supported by the Care Network Development Officers.
- Longer term intergenerational work may include a preschool running a monthly session at a Care Home, primary schools visiting groups for older people for joint craft, singing or cooking activities.



## Singing Groups

- Are proving to be very popular and can join people of all abilities together to take pleasure in the social and mental wellbeing that singing can bring.
- Care Network has helped to set up several of these groups, including dementia choirs, across our region.



## Mobile Warden Schemes

- Mobile Warden Schemes are organised by village groups to provide daily contact for local people who want to live independently in their own homes.
- A voluntary management committee employs a warden to keep in daily touch with members, either by a brief phone call or by a longer visit. Sometimes local volunteers act as befrienders, doing practical tasks, or visiting when members are unwell.
- The warden provides regular social contact, emergency help, liaison with statutory bodies if requested, early intervention in an emergency, and peace of mind to relatives.

Employing staff and maintaining funding require community commitment to the scheme and its members.



## **Coffee and Chat/Knit and Natter/Tea and Company/Friendship groups**

- Hot drinks and light refreshments are served, and the main point is to meet and chat.
- Sometimes there's a talk or activity, or a chance to gather information.
- Most groups ask for a small contribution to cover expenses, but they may be funded or subsidised by other local groups as part of their community remit or church ministry.
- There are many possible venues – village halls, community rooms, local cafes or even in homes, and many ways and times to organise the group.
- You may need food hygiene training and insurance cover, which we can help with, along with publicity.
- Groups may also go on outings



## **Walking groups**

- Small scale walking groups enable people who are less physically active to get some light exercise in a social and supportive environment
- Walking round a village gives people opportunity to reminisce and share stories
- Walks that end with tea and cake give a community feel, bringing people together

## **Men's Sheds**

- Started in Australia as a way of bringing isolated men together
- A variety of models from a paid member of staff supporting the shed to fully volunteer led
- Can be just for men or for anyone
- People bring their own craft activities or work on materials provided by the shed
- They can offer a renovation service or produce items for sale as a way to generate income

## Book/community cafes

- Those newly retired or new to the area can use community cafes to get to know people and the local area
- Book Cafés can provide Local Computer Hubs, small scale computer training and support, storytelling, where young and old can mix in a pleasant environment – with books and a drink
- A Community Café provides a village hub for old friends to meet and new friendships to be formed in a relaxed environment, close to home eliminating the need to try and find transport into town.



## **Good Neighbour Schemes**

- Provide company and general support for people in their community
- Can have a paid or voluntary co-ordinator
- Volunteers are linked to people who have a particular need, such as a social visit, shopping, light cleaning etc
- Insurance is generally over £400 and a variety of policies and procedures, particularly around risk and safeguarding are essential
- Volunteers would need DBS checks or two references.

## **Timebanks**

- People offer a skill or time, including home visits.
- Each hour of volunteering earns a credit, which can then be 'spent' on another timebanker's skills. For example, a hairdresser might exchange the hour paid for them to cut hair on someone else getting their shopping for them.
- A paid or voluntary co-ordinator oversees the timebank.
- The co-ordinator meets all new timebanker's.
- Timebankers need two references to join and to have 'banked' credits before they can 'spend'.
- Timebankers doing regular visits are DBS checked
- National Timebank process up to 7 DBS checks for them a year, there is a membership cost for this.
- There is also a cost for insurance – generally over £400

**For support and additional information, contact Lynne McAulay, Community Development Manager and Officer for East Cambridgeshire on 01954 211919**