Caring All together on Romney Marsh
Helen Mattock

How the voluntary sector can support peoples' health and well-being.

What we deliver...

- Befriending – visits, telephone calls, enabling support
- Reminiscence – group and music
- Meeting Points – social gatherings / activities with information and signposting

- To over 250 people on a regular basis, including people with dementia

How the services are organised...

- Via the co-ordination of approx. 120 volunteers across our operating area

Befriending and Enabling

- Research shows that loneliness and social isolation are harmful to health
- Recent survey to GPs and GP Practice staff – over 60% of respondents stated that they experience patients attending appointments with no medical need
- All respondents felt that a befriending scheme would be beneficial
- Befriendee survey results (2014), what the respondents said as a result of having a regular befriender:
    - 50% felt that their health had improved
    - 81% felt that their well-being had improved
    - 100% felt more cheerful
- £14 -15 per hour
- Volunteers can support enabling – Age UK Living Well pilot in parts of Kent

carm
supporting older people in rural areas

Reminiscence benefits

Group Reminiscence

- brings memories to the fore
- people feel more upbeat
- 94 % of respondents indicated an increased sense of well-being and health

Music and Singing

- Research* evidences higher measures of health amongst a singing group (over 60s)
- Participants in the singing groups reported social, emotional and physical health benefits from taking part
- Singing groups for older people are likely to be cost-effective as a health promotion strategy

Skingley, A., and Bungay, H., (2010) The Silver Song Club Project: singing to promote the health of older people British Journal of Community Nursing, 15, 3, 135-140 The Sidney De Haan Research Centre for Arts and Health

carm
supporting older people in rural areas

How the voluntary sector can help…

- Provision of services, including falls prevention

- Assist with diagnosis e.g. dementia – connected volunteers

- Deliver savings

- Deliver a better quality of life