

Summary Report

**Vintage Tea Party and
Memory Lane Bingo**

Aspiring2 CIC

Healthwatch Doncaster

Engage, inform, influence

26th May, 22nd June, 8th July, 11th August (4 in total)

1 Introduction

1.1 Details of activity

Vintage Tea Party and Memory Lane Bingo

We provided afternoon tea to our guests. We arranged memorabilia items around the room. During afternoon tea our guests were encouraged to select something from the memory table and to tell other guests any memories it may have evoked for them. After tea we played musical bingo. Bingo played in the usual way but swapping numbers for music – songs from the 50's and 60's.

1.2 Acknowledgements

Edlington Hilltop Centre, Partially Sighted Society, Darling Buds of Denaby, Askern Library, B-Friend Volunteers and particular thanks to Evan Cornish for match funding the four events

2 What was the purpose of the activity/session?

2.1 Purpose

We planned to deliver four events to approximately 100 people. The overall aim was to reduce isolation and loneliness and to raise awareness of other support services within the locality. The aim was to provide an interactive session and to enable our guests to 'have a good day'.

It was also our intention to use the sessions to gather information in a calm, safe way – information which would inform future opinion and services for older people, those with dementia, those with life limiting conditions and their carers all residing within the Doncaster Borough. We devised a simple user friendly form which asked just five simple questions:

- Name (but an option of completing anonymously)
- Age range
- Do you experience loneliness and isolation?

- How does this make you feel?
- What difference has today's event made to you?

The results of the survey are attached and are available to any organisation working with the client group and who can influence change.

It is our intention to use the results to submit a bid to Reaching Communities in the hope we can continue and develop this invaluable service in the future.

2.2 What did you do?

We facilitated four events in Edlington, Denaby, Askern and in association with the Partially Sighted Society to a total of 90 different people.

We served an assortment of sandwiches and cakes and our guests were keen to share their stories. Once the musical bingo started there was evidence of singing, toe tapping and in some instances dancing. We have very fond memories of 'Lydia' from Denaby who began singing and dancing to Chubby Checker's Let's Twist much to the delight of our other guests and her B-Friender.

We spoke about other support services available and other social groups and invited B-Friend along to link our guests with their befriending service.

We handed out information which we thought may be of interest to or benefit the client group.

2.3 Results of the activity/session(s)

Please see attached survey which we feel highlights the effects that loneliness and isolation can have on a person it also highlights how many of our guests either feel lonely or have done at some point.

Edlington guests did not seem keen to complete the forms, instead they were quite happy to talk about their experiences and the facilitators also made observations as follows:

'Barbara comes from Conisbrough for the knitting group and her friend from Maltby. They have been friends for years but only meet up once a week at Edlington. They like afternoon sessions as it gets harder to get up in the morning as they grow in age. They both say it would be easy to stay at home and become demotivated and isolated but they know it is important for them to mix. Barbara states she lives on a busy road but relies on people passing to stop and chat with her if she is in the garden to break up her boredom'

'Kim was one of the youngest there. She says she finds it difficult to care for her nan and brought her to the tea party. Kim shared with us that she has noticed her Nan is becoming very forgetful and has started accusing people of random acts of deception which was causing Kim some distress. However, when the music played Nan knew every word and sang along to the songs. She thoroughly enjoyed herself and Kim enjoyed watching her. She also looked at the memorabilia and started to tell her granddaughter stories about wash day as a child. Kim visibly enjoyed seeing her Nan happy and a couple of hours of well deserved respite'

'Ten of those attending said that they felt isolated at different times throughout the week and made themselves go out to bingo or the shops just to be able to speak to someone; otherwise they may not speak to anyone that day. This made them feel lonely and sad at times'

Feedback from people who took part

Please see attached report

Feedback from staff/volunteers who took part

All sessions were well attended and those who did were all keen to fully participate. They were keen to share their memories and stories and to join in the musical bingo.

All were keen to tell us how periods of loneliness impacted on their health and wellbeing.

The facilitators felt that everyone who attended had enjoyed the experience and all asked for regular events; hence the intention to submit a funding application to Reaching Communities.

Both Partially Society and Askern Library have booked Christmas Vintage Tea parties and Edlington Hilltop have provided Aspiring2 with a room at a peppercorn rent to allow the organisation to develop services in the area to combat isolation. (funding permitting)

2.4 Conclusion

Reinforces our belief that being lonely and isolated has a negative impact on the health and wellbeing of our client group – older people, those with dementia, those with life limiting conditions and carers.

