



## Moulton Good Neighbour Scheme - Measurements of success 1 year on by Mary-Jane Brown, Moulton Community Connector

- One lady who had heard the warden was being made redundant from Chappell House wanted to volunteer to befriend someone there. When she heard how many people were isolated there, she decided to cook Christmas Lunch on Christmas Day for the residents and around 12 residents attended (see photo). This meant so much to the residents who said how much they enjoyed it. She now makes a Sunday Roast every six weeks for residents.
- Another volunteer who lives near Chappell House went in to check on residents during the bout of snow we had. She went to do groceries for three of them and popped in to have a chat. She is now befriending a lady who has no family or friends nearby on a regular basis. This is very important as this lady is very frail and in poor health, she no longer has warden visits and doesn't have any other friends in the area.
- A volunteer who helps to organise the Games Morning, regularly checks up on many of the attendees who are living alone to make sure they are ok. When one of the ladies lost her husband over New Year, she went to visit her regularly and takes her out for tea occasionally. (I was on leave so this all happened while I wasn't there). I think this helped the lady through a very difficult time. The same volunteer also went to visit another lady who went to hospital in January. We all filled in a Get Well Soon card at the Games Morning for her. All the attendees and volunteers at the Games Morning look out for each other in different ways. For example a volunteer who moved to Kilsby can only come occasionally to the Games Morning now and she arrives very early in the morning with her housemate who works in the area. She spends a few hours with one of the attendees in her house, having coffee and chatting before walking her over to the Community Centre.
- One of the volunteers who is disabled and confined to a wheelchair and had just had a serious operation, contacted me during the snow to say that he was running out of medication and food. He was unable to get to his car to collect these items. I contacted one of the other volunteers who immediately phoned him back and got the medication and food to him the same day.

- A service user who is being befriended by a younger lady volunteer, went to visit the volunteer after she had an operation. They have become very good friends and often meet together with their husbands. They have a common link of having served in the armed forces. Previously, the service user was very lonely as her husband had become increasingly deaf. She sees the volunteer on a regular basis and this friendship has enriched both of their lives.
- The Surgery referred an older lady to me as she was very lonely, having lost her husband last year. I arranged to pick her up in the minibus to take her to Musical Memories. I collected another lady first who lives around the corner from her and when the new lady was getting on the bus, they recognised each other. They hadn't seen each other in years and had been very good friends as they used to go to dance together with their husbands. They were very happy to reconnect after so many years. Both of them enjoy Musical Memories so much as they both love music, even though they can't dance anymore.
- A gentleman suffering from Parkinsons has been befriended by one of the volunteers who helps him with practical tasks such as shopping (he needs to be pushed in a wheelchair) and posting letters. This has made so much difference in his life, as previously he struggled to do these things. His neighbour is also a volunteer who has naturally befriended him, popping in to see him and checking he's ok.
- We do regular Coffee/Tea and Cake afternoons at Chappell House, where around five or six volunteers have come along and connected with residents. Some of the residents have been bullied by other residents and were very shy about coming out of their flats, but the volunteers were very encouraging and kind, helping them to overcome their fears. One or two of the volunteers recognised residents from seeing them on the bus or walking around the village - they now know them and will stop to chat with them if they see them. Other volunteers knew some of the residents from years ago and have reconnected with them.
- A Parish Councillor told me about a friend of his who would like to volunteer as a minibus-driver (as he has a lot of previous driving experience). When I met him, he was very depressed and low in confidence. He thoroughly enjoyed the minibus-driver training and made good friends with the other minibus-driver volunteer. He is very conscientious when driving the minibus, bringing high vis vests, informing us of safety issues and doing all the security checks thoroughly. He says how much he enjoys doing it and how much it has improved his wellbeing. After a day of driving, he looks so animated and proud to have been of use to the community and part of a team.
- Three of the volunteers were very low in confidence when they approached me initially, but they have blossomed since becoming volunteers. Their confidence has noticeably increased and being connected to other volunteers and service-users has obviously improved their wellbeing enormously and given them a sense of purpose.

## Regular meetings and events at the community centre include:

Every Wednesday 2pm-4pm and Thursday 7pm-9pm our Health & Wellbeing Choir, Claret Room	Every Third Monday of the Month, Moving Forward after Cancer Treatment, from 2pm-4pm in the Manfield Room
Every Friday Morning 10am-12pm, Board Games and Cards	Saturday 28th of April, 2pm - 5pm, Health & Wellbeing for All, Main Hall
Every Third Friday of the Month, 2pm-3.30pm, Musical Memories, Main Hall	Saturday 23rd of June, 3pm - 5pm, Veterans' Afternoon Tea, Main Hall
Every Third Friday of the Month Minibus Trial in the village	

## Supported and funded by

**Community Connector for Moulton and Surrounding Areas**

**Tel: 07484 907438**

**[www.facebook.com/moultoncommunityconnector/](http://www.facebook.com/moultoncommunityconnector/)**

*Please note, my hours are as follows:*

*Monday: 9.30am-11.30pm (in Moulton Library) and 2pm-5pm*

*Tuesday: 9am-1pm and 2pm -4pm*

*Thursday: 9am-1pm and 2pm- 4pm*

*Friday: 9.30am-12.30pm and 2pm-5pm*

