



STANLEY LUNCH CLUB

REPORT 2016



INTRODUCTION

Stanley Lunch Club, organised by Stanley Development Trust with initial help from PKC Community Care, PKAVS and a Community Start-up Grant of £293 from the Joint Older People's Fund, started in November 2015 with the aim of increasing the social wellbeing of older and socially isolated people in the village and the neighbouring, rural communities of Kinclaven and Airtully.

The initial approach to contacting potential lunch club participants was made by Stanley Development Trust via local groups which involve or provide services for older people and PKC Community Care.

The Community Start-up Grant covered the cost of a free 'taster' lunch held on 25th November 2015 at the Tayside Hotel, Stanley. The 'taster' lunch demonstrated the demand for the service and involved around 30 local, older residents in shaping their lunch club. The participants were invited to comment on the frequency and timing of the lunch club, the day of the week, the type of meals, and the type of activities. The participants' feedback was analysed and the findings were used to tailor the lunch club to their preference for a monthly lunch, on a Wednesday, 12.15 for 12.30pm, with traditional meals and occasional musical entertainment. There was a clear message that the participants don't want activities hoisted upon them - they see the lunch as an opportunity to enjoy a meal together, to socialise, and then to return home.

The lunch club is co-ordinated by Stanley Development Trust's Care and Wellbeing Project Coordinator. There is a team of 11 volunteers who help to plan each lunch, provide transport for less ambulant participants, meet and greet and generally help to socialise at the lunch club. The lunch club is self-sufficient, the £5.00 per person per lunch being met in full by each participant, staff member and volunteer. Stanley Development Trust contributes the time of the Project Co-ordinator, and there is a small budget for volunteers' out of pocket expenses.

PARTICIPATION



The success of the lunch club, 'word of mouth' from participants and volunteers, and promotion by Stanley Development Trust and PKC, has been a contributory factor in encouraging people to participate. Currently there are 47 people on the lunch club register. On average 40 attend each month. Lunch club participants with memory problems usually receive a prompt from volunteers on the morning of the lunch club.

IMPACT ON PARTICIPANTS

Stanley Lunch Club aims to increase the social wellbeing of older and socially isolated people in the village and the neighbouring, rural communities. A feedback session for the 6 month review was held at the May 2016 lunch club. Participants were each given a sheet on which were listed 4 statements / anticipated outcomes of the lunch club and they were asked to tick whether they agreed, neither agreed nor disagreed, or disagreed with the statements. The statements were adapted from the Volunteering Impact Assessment Toolkit¹ indicators of social capital and well-being of service users. Participants were invited also to add any comments they cared to make about the lunch club. 42 participants completed the feedback sheet and of those 19 also gave comments.

The results of the quantitative data analysis are presented below and they show that through attending Stanley lunch club participants have increased their social connectedness and well-being.

Outcome	Agree	Neither agree or disagree	Disagree
I see others that I don't see at any other time	100% (42)	-	-
I have met new people	95% (40)	5% (2)	-
I feel more connected to the local community of Stanley	88% (37)	7% (3)	5% (2)
My well-being is enhanced*	95% (39)	5% (2)	-

*41 responses to this question

Four main themes emerge from the qualitative data analysis of the comments provided by the 19 participants. 1. Enjoyment. 2. Company. 3. Good food. 4. Good organisation.



¹ Volunteering Impact Assessment Toolkit. Institute for Volunteering Research. 2004.

VOLUNTEER INPUT

Since the initial volunteers' meeting in October 2015, lunch club volunteers have contributed 460 hours to the project. This figure includes time spent planning for lunch clubs, helping on the day, and attending Moving and Handling, and Dementia training at Beechwood House in Perth, and Falls Awareness Training.

COMMUNITY INPUT

The local community has responded in a very positive way to the lunch club. Local musicians, singers, and thespians have come forward to offer free entertainment. For example, the Burn's Day Lunch haggis was piped in by a Stanley Time Bank member and the address was given by the grandson of a couple who regularly attend the lunch club. The son of another participant occasionally plays his accordion at the lunch, and a local singer led the community singing at the Queen's 90th birthday lunch.



Musicians have also raised funds for the club, and local businesses have contributed raffle prizes.

This response suggests that the local community is pleased that the village now has a lunch club and is appreciative of the work of Stanley Development Trust and the Tayside Hotel.

IMPACT ON STANLEY DEVELOPMENT TRUST

The lunch club has helped the Trust's Care and Wellbeing Project to identify vulnerable and potentially vulnerable older people in the community who may benefit from the project's other services. In addition, the lunch club provides an activity for people in receipt of the Trust's befriending service and those awaiting a volunteer befriender.

Gaps in services have also been identified through the lunch club, e.g. the idea for the Stanley Men's Shed came from a lunch club participant and there plans to start computer sessions for older people in early 2017.

CONCLUSION

The steady, high level of attendance and the feedback from attendees demonstrates that Stanley Lunch Club is clearly meeting a need among older people in the village and that it is making a positive difference to their social wellbeing. Many have rekindled old acquaintances and met new people, thus helping to build and strengthen connections with the local community and helping to reduce social isolation.

The contribution of time by lunch club volunteers, support from local residents and businesses demonstrates the community's desire to support this activity for older residents in the village.