

### **The Elders project has resulted in:**

- Support for a cohort of 12 residents over 50 to provide much needed support for other older people on the estate. As a result of training via a food programme in partnership with Age UK and Real Food Works, all 12 have learnt how to create healthy menus using microwave ovens and have enhanced their own skills, receiving certificates in Basic Food Hygiene, as well as Health and Safety qualifications.
- 18 residents receiving barista and hospitality training to enhance their skills
- 10 volunteers receiving training in Safeguarding, Dementia Friends and Safe Spaces
- Development of an increased programme and an Elders Centre once we move into the Avenue Centre.
- Over 1050 meals prepared by the over 50's and delivered to 35 older residents across the estate, resulting in them being less isolated and helped to live more independently in their own home.
- Provision of a weekly lunch club for a further 20 isolated older people, alongside activities such as local history research, crafts, healthy activity and bingo.
- An increased sense of community cohesion amongst the over 50's on the Meadow Well.