

YOUR SUPPORT

With the support of £2,795 from Partners for Islington, North London Cares was able to support **126 older and younger people, 30 times** at our winter Social Clubs in December. We have **tackled loneliness and isolation across Islington, creating a stronger community.**

During December:

- We ran 14 Social Clubs, one in Islington, six in Camden and seven virtually; **In-person clubs** included Karaoke at Lorraine Estate; **Virtual and Phone-In Clubs** included yoga, crossword club and an end of year quiz.
- We supported **25 older and younger people** across Islington and virtually, via zoom or on the phone
- Excitingly, we were able to hire a large venue for our **Christmas party**, allowing more neighbours to join us safely for a big bash we had all been waiting for! This included a **Silent Disco**, a huge hit with neighbours
- Supported **47 one-to-one friendships** across Islington as part of our Love Your Neighbour programme
- Supported **seven older neighbours** to come along to our social activities e.g Virtual Social Clubs, Phone Clubs and Love Your Neighbour.

With the emergence of the Omicron variant, we made the difficult decision in December to pause of face-to-face clubs, and continue to build connections online. This was to protect our older and younger neighbours. Our in-person activities see higher levels of attendance, so over the next few months, we plan to reach more older people across Islington.

THE DIFFERENCE YOU HAVE MADE

With your support we have been able to positively impact our older and younger neighbours across Islington, reducing feelings of loneliness, building connections and finding joy in an uncertain time. Our neighbours regularly tell us the benefit they get from being part of our community. Many of our younger volunteers tell us that older neighbours have offered them reassurance and comfort they have needed.

"We help each other out. I help her thread her needles so she can get on with her sewing, and she has lent me books and gives me advice about becoming a mother."

Becca talking about her friendship with her neighbour Olive (106)

"Connecting with someone in the community; learning from them, laughing with them, and supporting each other through the challenges of the last few months"

Fred (92)

