



If you are over the age of 50 and feel that you are lonely or isolated then we can help you to:

- Reconnect with your community
- Set and achieve your own goals
- Support you to prevent ill health wherever we can

## WE WORK ACROSS TORBAY



IF YOU ARE INTERESTED IN FINDING OUT MORE OR GETTING INVOLVED IN SOME WAY, WE WOULD LOVE TO HEAR FROM YOU

### CONTACT

Age UK Torbay

**01803 555181**

Website: [www.ageuktorbay.org.uk](http://www.ageuktorbay.org.uk)

Email: [wellbeingcoordinator.torbay@nhs.net](mailto:wellbeingcoordinator.torbay@nhs.net)

Brixham Does Care

**01803 857727**

Website: [www.brixhamdoescare.co.uk](http://www.brixhamdoescare.co.uk)

Email: [wellbeing@brixhamdoescare.co.uk](mailto:wellbeing@brixhamdoescare.co.uk)



## WELLBEING TORBAY



**SUPPORTING OLDER PEOPLE  
TO MAKE THE MOST OF  
THEIR LIVES, TO THE  
BEST OF THEIR ABILITIES**



## WHAT IS WELLBEING TORBAY?

Wellbeing Torbay is Age UK Torbay and Brixham Does Care working together to support the Ageing Well Torbay programme.

We work with people over the age of 50, who are possibly living with a health related condition, and are feeling isolated or lonely.

## HOW DOES IT WORK?

The focus is on people, their stories, their needs and aspirations.

We recognise that everyone is different, so our response varies from person to person but Wellbeing Torbay will:

- Visit people in their own home (if required)
- Have a guided conversation that supports an individual's own goals
- Support people to live their lives the way they want to, to the best of their ability.



### ALFRED'S STORY

Alfred lost his wife who he cared for recently and became isolated due to his depression, and felt he was becoming a burden on his daughter.

Alfred had a passion for gardening and had a great deal of knowledge about gardening. With Wellbeing Torbay, Alfred is now a volunteer at his local community garden and gives advice and support to the other volunteers there. Alfred feels he has purpose again now.



### DAPHNE'S STORY

Daphne wanted to go to a low impact dance and exercise class to help with her chronic pain.

Daphne wasn't sure if she could attend alone as she had little confidence and felt unsure. Working with Wellbeing Torbay to attend the classes has made Daphne more confident.

Daphne feels she will now carry on going to these classes and hopes it will improve her health.

## AGEING WELL TORBAY

Ageing Well Torbay is a six year programme to tackle isolation and loneliness amongst people over the age of 50 living in Brixham, Paignton and Torquay.

There are many reasons for isolation and loneliness including lack of money, loss of a job, sickness, relationship breakdown or the death of a loved one.

Ageing Well Torbay is working with people and communities to make sure everyone can feel included and able to enjoy growing older.

