



**From dependency to peer support.**

**Promoting connections and  
building a social community.**

**7 July 2021**

# About us





# OUR NETWORK

- Support, advise, represent and resource 72 local charities
- 800,000 beneficiaries
- $\geq$  £80m annual investment
- 33.3m social media followers
- 36.4m within 10 miles
- Socio-economic profile.





# OUR STRATEGY

We will;

“Support people to adopt healthy lifestyles, to access the support they need, enhance the quality of life for people with long term conditions, and help people to recover”.

We believe in the social cure.



# Our covid-19 response







# LONELINESS

- Feeling lonely always or often is linked to early deaths – on a par with smoking or obesity
- It's linked to increased risk of coronary heart disease, stroke, falls, depression, cognitive decline, dementia, sleep problems, low self-esteem
- More likely to go to GP, A&E, and be in local authority funded residential care.



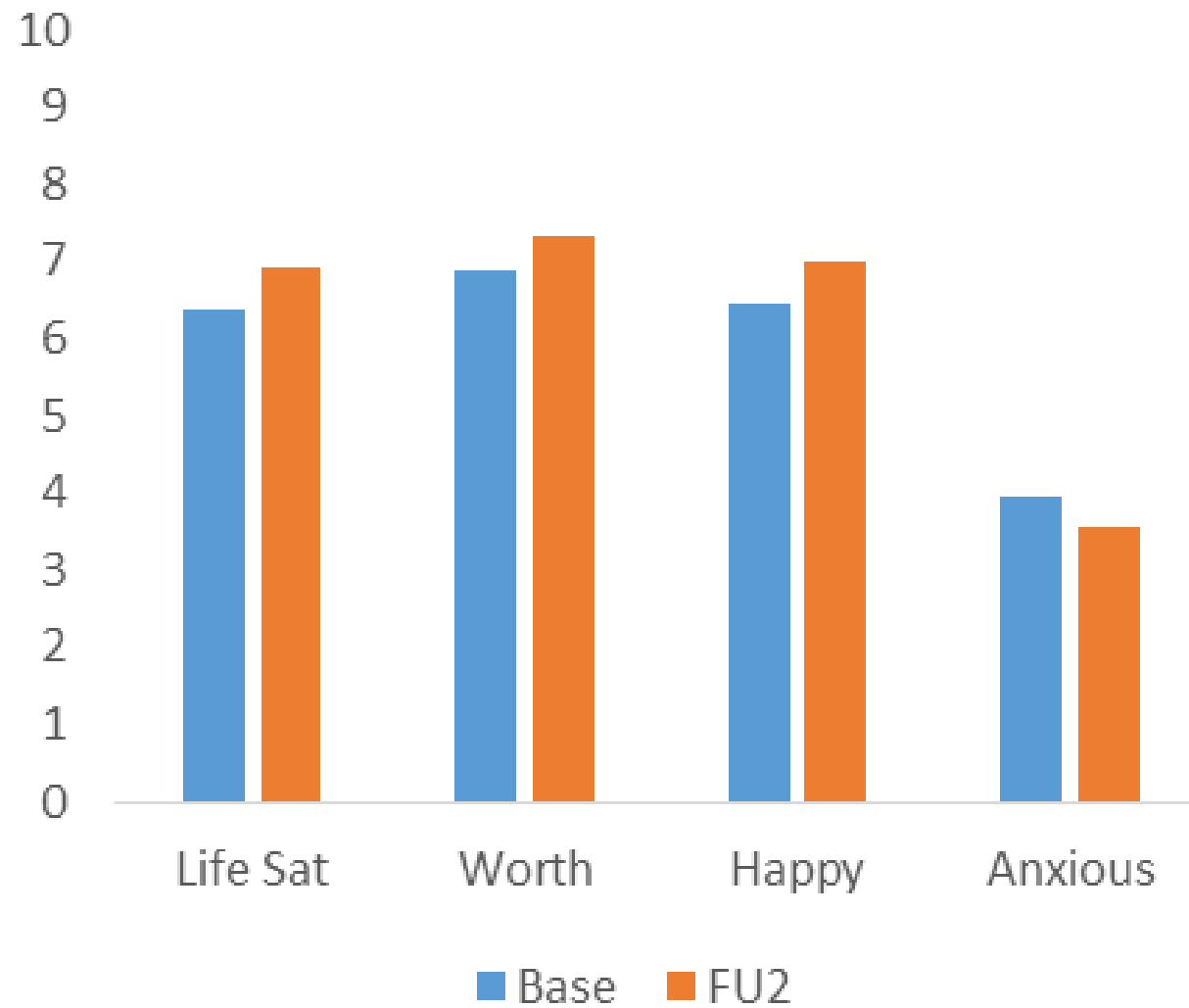


# OUR LOCAL OFFER

1. Telephone support
2. Online social connections
3. Support by post
4. Socially distanced 'garden gate' conversations.

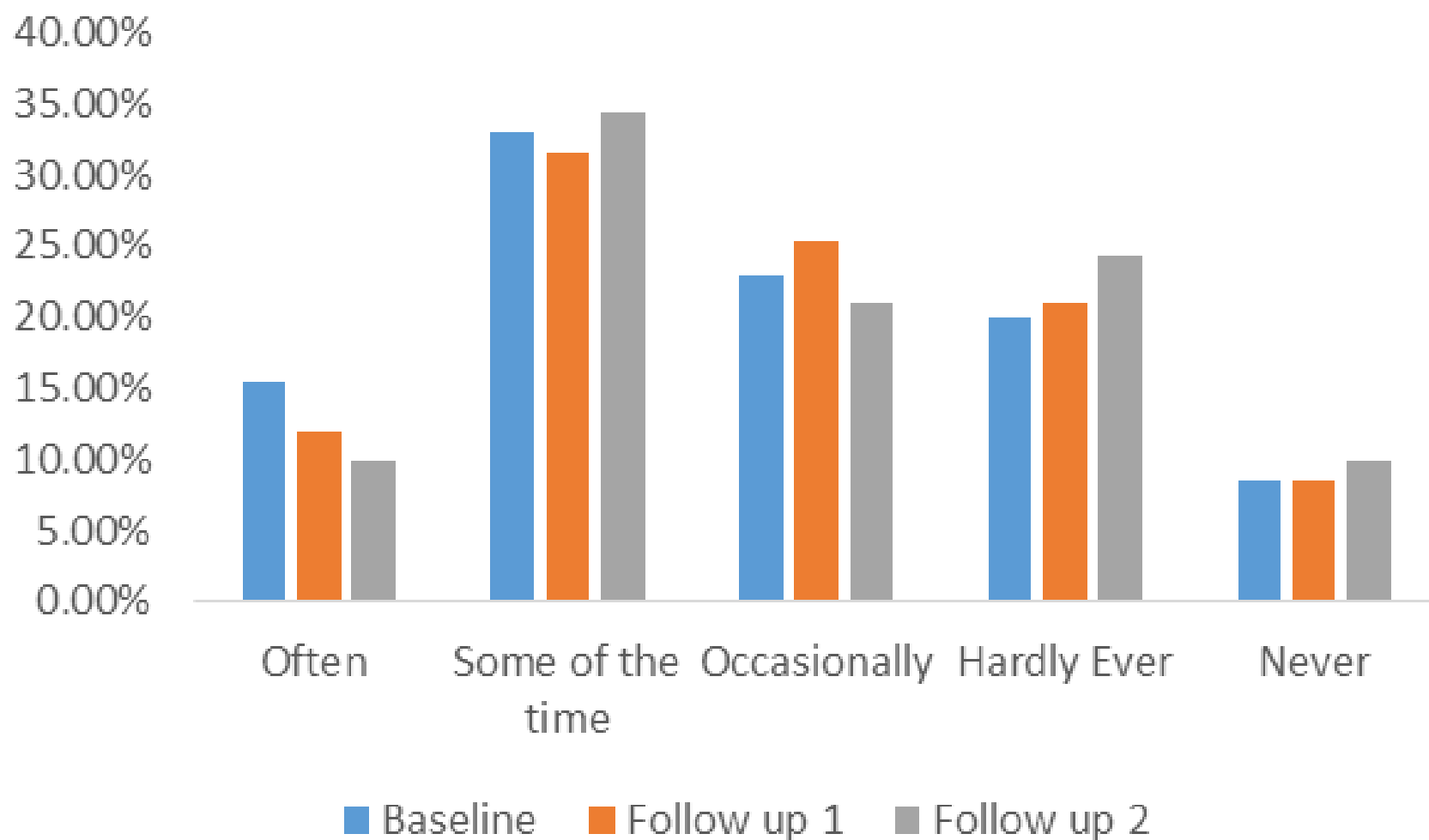


## 4 ONS Wellbeing Questions





## Single Measure of Loneliness: "How Often Do You Feel Lonely?"



# Our long term ambition

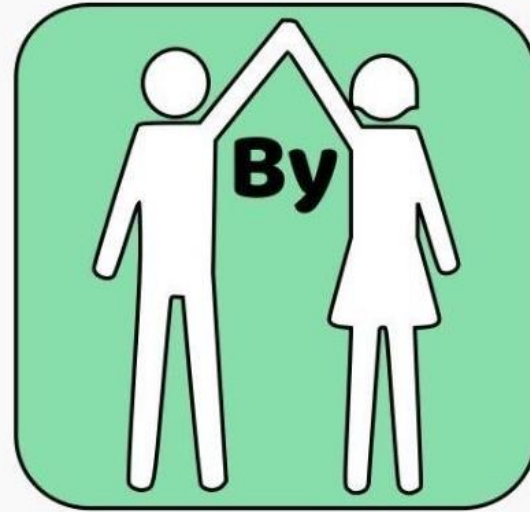




# WELFARE TO WELLBEING

- Shift from emergency aid
- Transition to legacy services
- 'Famine to FEAST' – Fun, easy, attractive, social & timely
- A connected recovery
- Emphasis on groups and peer support
- Blend of face to face, online & telephone social community.







# OUR BIG AMBITION

- Eleven Extra Time Hub pilots
- National social movement of people in their retirement
- Every club playing its part
- Helping older people to socialise, do things they enjoy, feel better connected and enjoy later life
- Innovation fund with NASP.







**Thank you for your time.**

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