

## Getting Together Matters

Creative activities and support for over 50s to reduce isolation by phone, post and online. UK Wide.

— “ —

Thank you for your time this afternoon and I'm pleased I made the call. It's hard admitting that you're lonely but realise there are many people who are in the same boat.

— ” —

GTM Participant, May 2023

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# About us

At Volunteering Matters we believe everyone should have the opportunity to thrive, and to do this we bring people together to overcome some of society's most complex issues through the power of volunteering and mentoring.

Our service, Getting Together Matters, operates non geographically, delivering online, phone & postal services to keep older people connected.

We offer a volunteer supported model, creating a cost efficient & sustainable service with possibilities of user led activities. This flexible way of serving communities offers chat groups, exercise, creative pursuits, quizzes & singing.

The service caters to individual needs and places people together easily & safely.



— “ —

Met people from different parts of the country who I now feel are friends and just someone to talk to.

— ” —

GTM Member, MAY 2023 Survey

## Our impact



Building confidence, connection, meaningful engagement



Peer support from older people directly leading change



Reduce social isolation and loneliness



Improve mental and physical health

# Our approach

We offer a diverse range of activities, with different levels of support.

- Telephone only service groups to engage those people not yet digitally connected.
- Online activities for others to engage with other people & reduce isolation.
- Opportunities for older people to volunteer & run their own online groups.
- Wellbeing exercise & falls prevention online groups.



We offer different 'entry levels' of support for people who find the first step the hardest, such as a phased activity approach, one to ones, small groups, help getting on zoom and postal activities.

## Co production

We co -produce with existing groups of older people who have identified gaps, what they are looking for & how to deliver to their peers. We teach how to use the IT, how to volunteer safely how to bring people's ideas to life and help schedule and support groups.

- We work with social prescribers & GP's across the UK.
- We work with local communities to find out how to support their older people getting online.
- Participants move to being volunteers with our support & training, enabling peer to peer support.
- We partner with other older persons services to work effectively across the sector.

— “ —

David called me yesterday to say how much he enjoyed the carol singing session. He was glowing with praise and said it was brilliant.

” —

Dec 22, Partnership feedback

'I communicate more with someone else's dog than I do with humanity. Who knows, my talking time with other humans might be about to take a turn for the better. Once again thanks for your efforts'.

GTM Participant, Aged 80, May 2023



## Health & Wellbeing

- We've harnessed new technology that make telephone group activities easy for participants. We run discussion groups, readings from books & sharing their poetry by phone.
- We are focused on delivering great outcomes with creative and innovative solutions, from play reading on the phone and creative writing in the post.
- Physical wellbeing groups are well attended & provide connection as well as much needed motivation and regular movement.

“  
I feel so fit now after Pilates with John. I like his Mathematical approach. At nearly 81yrs I can move really well ,get out and about and remain active and independent.  
”

GTM participant, May 2023



Regular Telephone Chat groups to connect with others.



We offer trained facilitators, with weekly classes to keep older people more mobile & less likely to fall.



Activities by post providing quality content & engagement.



Online groups include intergenerational cookery, talks by experts, IT 'surgeries' regular chat groups, quizzes & shared interest groups.



Quality engagement & learning; creative writing, singing & exercise with trained professionals.



Signposting to other groups for specialist knowledge & connect with partners on groups.