

End Loneliness in Mendip campaign – focus on social groups

Mendip District Council, working alongside a number of leading local health and wellbeing service providers, including Health Connections Mendip, Somerset Public Health and Mendip General Practices, has launched the End Loneliness in Mendip campaign, which aims to raise awareness of the support available for older people who are suffering from loneliness.

One of the many local organisations backing the campaign is the Evercreech Friendship Club. Meeting on the fourth Tuesday of every month at the village hall, the club provides a place for people aged 55 and over to meet, make new friends, enjoy a range of special events and hear from a variety of speakers.

The club was started in 1975 and currently has a membership of 43 – one of the largest senior citizen clubs in the area. The club remains very active today and has evolved to meet the needs of today's more independent older people.

Recent talks enjoyed by the group include tips on operating a digital TV, from a BBC engineer; keeping warm while keeping your fuel costs low; the latest information on security and benefits; health and safety presentations and even talks on UFOs, model boats and Chinese cooking.

The club also stages a range of events throughout the year including an annual garden party, the club's 'birthday' party, a Christmas party, live music events, film shows and crafts and games.

Edward Porter, Evercreech Friendship Club Chairman, said: "The Friendship Club is a very important part of the local community and has been for many, many years. We have members with ages ranging from 60 to over 90 but we are all young at heart and are keen to keep abreast of the modern age,

"We are all firm believers that 'laughter is the best medicine' and that is the attitude we take to our monthly meetings

"If you're aged over 55 and live in Evercreech or the surrounding area, please feel free to come along to a meeting and find out more about the club."

To find out more, contact Edward on 01749 830015 or email gemini01@btinternet.com

To find out more about the End Loneliness in Mendip campaign and how to get involved go to- www.endlonelinessinmendip.org.uk

The website also includes information about volunteering with local community groups, as well as information on how to become a 'Community Connector' and spread the word about the support available.