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Key Commissions

Click on each of the below to find out more about each project...



Bright Memories

The aim of the Bright Memories project was to reduce social isolation and loneliness for people living with dementia and their carers, by creating seven

Buddying and Befriending

The aim of the Buddying and Befriending project was to support Brightlife's Social Prescribing Scheme, by providing

Connect Up

The aim of the Connect Up project was to reduce loneliness and social isolation amongst older people with a neuromuscular condition (and their

Connecting Carers

The aim of the Connecting Carers project was to reduce isolation and loneliness amongst those older people caring for someone

'Dementia Friendly Communities' across Malpas and Chester.

participants in each of the Social Malpas with practical help and support to re-

carers) in Cheshire West and Chester, by Malpas with tools, opportunities and support to

with a long term condition, where Malpas not the primary diagnosis (other dementia-



Digital Buddies

The aim of the Digital Buddies project was to reduce isolation and loneliness amongst older people in Chester by enabling them to increase their use of digital technology.

[Read More](#)

Great Outdoors Malpas

The aim of the Great Outdoors Malpas project was to provide opportunities for older people in Malpas to come together and access activities in the natural environment as a way to reduce

[Read More](#)

Men's Mental Health

The aim of the Men's Mental Health project was to reduce social isolation and loneliness amongst older men in the Cheshire West and Chester region, by increasing the percentage of male

[Read More](#) the programme.

Share Club

The aim of Share Club (Malpas and Winsford) was to reduce social isolation and improve the wellbeing of older people, by providing a healthy meal, food package and friendship for isolated over-50s.

[Read More](#)



Social Activity Tasters (Winsford and Malpas)

The aim of this project was to reduce loneliness and social isolation amongst over-50s living in and around Winsford and Malpas, by enabling their ongoing

[Read More](#) a range of social activities.

Winsford Super Shed

The aim of the Winsford Super Shed project was to reduce social isolation and loneliness amongst older men in the Cheshire West and Chester region, by increasing the percentage of male

[Read More](#) the programme.

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Brightlife is a partnership led by Age UK Cheshire. Reg charity no 1091608



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