



AGEING  
BETTER IN  
BIRMINGHAM

Ageing Better in Birmingham is part of Ageing Better, a programme set up by The National Lottery Community Fund. Ageing Better aims to develop creative ways for people aged over 50 to be actively involved in their local communities, helping to combat social isolation and loneliness.

Every one of us are at risk of becoming lonely and isolated at different points in our life. While the risk may increase in later life it doesn't have to be that way. Through our feedback questionnaire, we are able to see how Ageing Better in Birmingham has helped older adults across the city.

## Our Achievements



**297** number of community activities supported via the Ageing Better Fund \*



**£439,380** invested in community activities from the Ageing Better Fund\*



**1 Marriage**, from a couple that met at an Ageing Better network



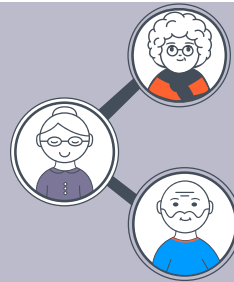
**1** Walking Football world cup



**3** Birmingham Prides supported

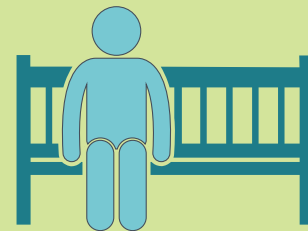
\*(Figures correct at time of print, April 2020)

## Our Impact



**8,000 +**

people have taken part in activities designed to help **build bridges** between people



**3,000 +**

people have been identified as **lonely or isolated** by a peer, friend or support worker



**41%**

of the programme participants come from **BAME and mixed ethnic backgrounds**, which is reflective of the city's super diversity



**63%**

of Ageing Better in Birmingham participants show an improvement in their **overall wellbeing**



**89%**

of people show continued or increased engagement in social activities. Our surveys show that Brummies are some of the loneliest and **show more improvement** having engaged in community activity.

# Nina's Story

As people take part in the programme, our surveys show that they become more involved in their wider community joining social groups and clubs.

I'd describe myself as a respectful and trustworthy person who is always keen to help.

I first got involved with Ageing Better in Birmingham 4 years ago, when the Tyburn group received funding to host a party in the park for the Queen's 90th Birthday.

I was an isolated person for many years before I got involved with the programme. Now I lead "Think Positive" which is a group of 24 who meet on Tuesday mornings at The Sanctuary. I attend "Befriending Service" group meetings on Wednesday mornings, in addition to this I have befriended a 92- year old lady who I visit once a week. I also lead a Bereavement group and am a Member of the Age of Experience group.

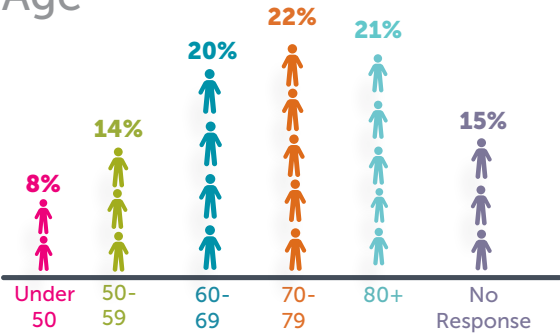
I've really enjoyed the way the programme has built my confidence and increased my learning. It is a very motivated team.

Nina, 56  
from Tyburn



## Who is taking part in Ageing Better in Birmingham

### Age



### Gender

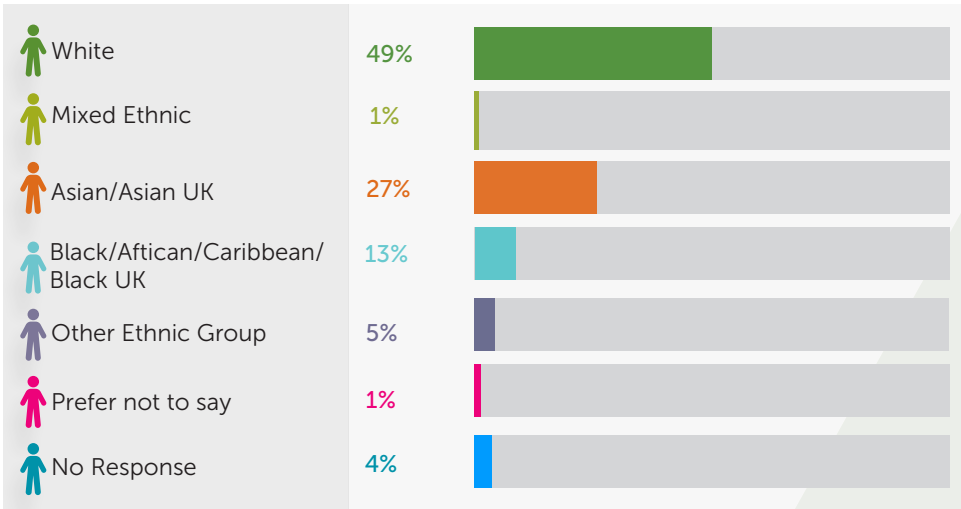


Male 30%



Female 68%

### Ethnicity



### Information was taken from the Common Measurement Framework (CMF)

Everyone who participates in Ageing better in Birmingham to, is asked to complete the Common Measurement Framework (CMF), designed by Ecorys and administered nationally by all partnership programmes. Participants are asked to complete the CMF at the beginning of their journey with us and again at 6 month intervals.