



Covid-19 Support Group / Compassionate Kenilworth Update

Want to be involved?

What We Have Seen the last 16 months

Through many thousands of volunteer interactions with Kenilworth residents - through the phone team, Pharmie Army, Molly's Meals and Call Pals, we have witnessed that issues relating to social isolation have risen due to Covid 19 restrictions. Many people were struggling before the pandemic, but being isolated and immobile for well over a year has caused some residents to lose confidence and physical strength that impacts their ability to go out. As life returns to "normal", people continue to be affected. Being lonely and isolated has many repercussions - often leading to depression, anxiety, significant physical and mental health issues. The **Frome Project (2013-17)** identified how a happier, more connected and supported community improved residents' health and wellbeing and led to a dramatic reduction in hospital admissions and resulting fall in NHS costs. Hear about it on the attached links [The Frome Project](https://healthconnections mendip.org/)
<https://healthconnections mendip.org/>

The Covid19 Support Kenilworth Group's focus over the last 16 months has been *to keep residents "safe at home"*. *Now it is time to help support people to get out again, to reconnect with each other and to provide support and motivation to regain independence - both socially and physically.* Rebranding ourselves as **Compassionate Kenilworth** we will endeavour to help people get back out again by organising and coordinating events and activities to help people connect with one another.

What We Need to Do

Mapping What is Already Out There

We are researching and compiling lists ("mapping") of existing local support networks, local groups and organisations providing social activities, special interest groups and exercise opportunities. Where there are gaps in provisions, we will endeavour to find ways to fill them. Once we have all this information it will be housed on our website and promoted to our residents via social media, email, leaflets and Community Connectors (volunteers) who will spread the word about what local support, groups and activities are available to people.

Working with our GP Surgeries - Social Prescribing and UHCW Compassionate Communities Team

We will continue to work closely with the local surgery Social Prescribers (who provide non-medical support within the community). Partnering with University Hospital Coventry and Warwickshire (UHCW) Compassionate Communities team helps provide us with additional expertise, access to patient support and resources.

Where we need help:

- To “Map” what is out in the community. Research local group offerings and feed it back to us to enable us to compile an extensive list to be promoted to our residents through our volunteers, (to be trained) Community Connectors and online.
- Become “Community Connectors” to spread the word around activities and support networks.
- To project manage or coordinate various projects & activities, such as
 - contacting and coordinating with schools and nurseries to work in partnership with them to provide multi-generational contact/activities.
 - contacting and coordinating events with local businesses, such as cafes and restaurants.
 - start your own activity or support groups.
- To coordinate/man coffee mornings, social activities, special interest and exercise sessions.
- To provide lifts for residents attending activities/events.
- To fundraise to provide funds to support our activities.
- Previous experience in health/care, social services is always valuable to our group.

If you're interested in helping with Compassionate Kenilworth, contact Pauline Hayward - p.hayward@kc19.uk or Becky Webb on r.webb@kc19.uk