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**Themes:** Befriending and Loneliness, Health and Wellbeing, Mental Health, Volunteering

**Aimed at:** Older Adults 65+

Since inception, b:Friend has created, delivered and evaluated thousands of hours of community social group activity in Doncaster.

b:Friend has an effective blueprint for social groups for older adults focusing on venue, budgeting, marketing to the most isolated individuals and session planning methodology over (usually) a 48-week year.

Each group activity is different... and they're certainly not boring. From shaking-up Bond-style mocktails, performing street-dance routines, designing Christmas cards, making bird boxes, chocolate tasting sessions and jiving to Bollywood-inspired music... members are exploring new horizons and getting out of their comfort zone each week.

The Five Ways to Wellbeing model forms a clear framework with which b:Friend co-design all group activities. Our Social Clubs ensure attendees are: connected to others through conversation and activity; active through physically engaged sessions; continue to learn through engaging talks, discuss topics of the day and take note of others around them; while giving time, support and attention to others.

**Area:**

## Contact Details

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