



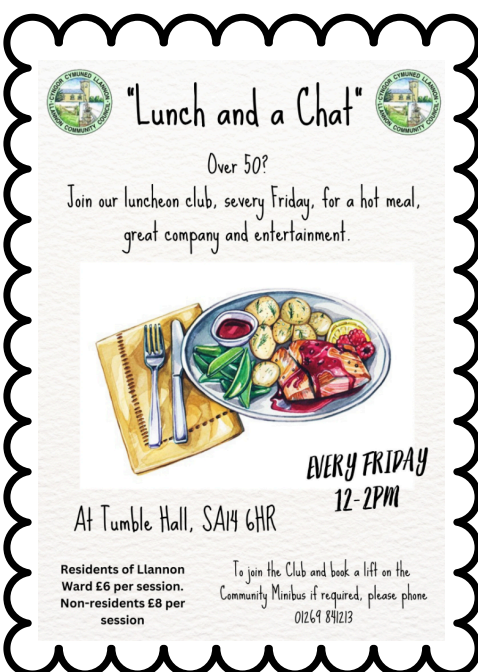
Llannon Community Council

Over 50s Lunch Club Case Study



At a glance

Whilst consulting with members of their community Llannon Community Council identified that older residents were experiencing a sense of loneliness and isolation. The Council decided to establish a lunch club for over 50s at their community hall in Tumble.



The lunch club is open to all including residents of neighbouring communities. The Council has agreed to allow friends and relatives of residents to attend so they can provide extended support.

Residents of Llannon Community Council area have their meals subsidised at £6.00. whilst non-residents pay £8.00.

Providing an affordable afternoon with significant social wellbeing benefit to everyone who attends.

Challenges

Many rural areas have small populations and limited social spaces, which makes it hard for people—especially the elderly—to stay connected with others. Economic struggles and a lack of public transportation add to the problem, making it difficult for residents to access essential services or take part in community events. This can lead to even greater feelings of loneliness and isolation.

Solutions

A lunch club offers people a regular chance to connect with others, helping to reduce loneliness and create a sense of community. It provides a friendly space where individuals can share stories and build friendships. Lunch clubs also help bring people together, improve well-being, and support vulnerable members of the community.

What's available?



Company

The weekly lunch club is a chance to meet people and build friendships. It helps reduce loneliness, especially for retirees or those living alone. It also encourages getting out and staying active.



Hot Meal

The Community Council offers a two-course hot meal, giving older adults a healthy, balanced option to support their well-being. Those who are socially isolated may find it hard to cook at home, so the lunch club is an affordable way to enjoy good food with others.



Entertainment

Activities like entertainment and Bingo help make the lunch club fun and welcoming. They encourage people to come regularly, lift spirits, and create a friendly, social space where everyone can join in and enjoy themselves.



Transport

Community transport makes it easier for people to attend by removing travel barriers. It helps those who may be housebound get out, stay independent, and connect with others. This is a vital part of the project with the bus making 3 trips to pick everyone up. The council partners with Dolen Teifi to provide this service.

Lunch and Chat

The council partner with local businesses to provide delicious food and a varied menu.



Local artists and entertainment including Bingo add to the afternoon



A valuable team of volunteers help the council to deliver these weekly lunches

Christmas Lunch

Watch our visit to Llannon Community Councils 2024 Christmas Lunch and find out more information on this hugely successful initiative.



“has made a big difference to my life”

Impact



up to 85 meals a week



£0. The project is self funding with a charge for the lunch covering the project costs



Funding & Powers

All community councils in Wales need specific legal powers that enable them to provide various services and support for their local communities. These powers, granted by legislation, allow councils to undertake a wide range of activities and initiatives to improve the well-being and quality of life for residents. Powers and justifications can differ, and councils should consider their specific circumstances.

For advice and guidance, councils may wish to contact their One Voice Wales Development Officer.

admin@onevoicewales.wales

The Future

Summer spectacular: a 2 course carvery with West End entertainment is planned for this Summer

The Council will host its free Family Breakfasts and play activities over the Summer holidays

Plans for a new community centre and facilities are progressing.



Want to Find Out More?

For more information on the One Voice Wales Cost-of-Living Crisis project contact the team at:



CoLC@onevoicewales.wales



<https://bit.ly/3KYHftK>



[Cost of Living Website](#)