

Radyr and Morganstown Good Neighbours

Organisational/ Strategic

- Trustees - Rev. Ian Yemm, Margaret Mclaughin, Vina Patel, Nick Hawkins, Rev. Judith Holliman.
- Coordinator-Louise Beesley.
- Defined what are aims are-
To look into ways to engage and support the isolated and vulnerable members of our community.

In order to do this we have:

- Developed several policies and procedures:
 - Financial
 - Safeguarding
 - Volunteering
 - Data Protection
 - Equal opportunities
 - Recruitment
 - Are currently working on a Volunteer Handbook
- Opened Bank account
- Return prepared to Charity Commission
- DBS checks on Coordinator and some Trustees
- Recruited a coordinator

Operational/ Practical

It was important to find out what the need was and find out what was already in place before making any plans.

We *knew* that people like yourselves, church leaders and the doctors surgery had been approached with concerns from the community about increasing levels of isolation being experienced. We *thought* that after covid people's needs had changed and their engagement was different.

We *didn't* know what already existed and how it was being accessed.

In order to do this we prepared a questionnaire to both gain information and give an opening to talk to people.

We asked what activities they regularly participated in, what were the barriers to them getting involved, if any, and what they would like to be happening in their community. They had the opportunity to give us contact information and a bit of information about themselves such as age and gender. Although a small sample was taken, it gave insight and an opening to chat with people even if they didn't complete it.

We have developed links with the following people and are working alongside them in identifying needs and working out how best to meet them.

- Suzanne Baskerville, Community Inclusion Officer for North Cardiff, Cardiff City Council.
- Susan Davies, Non-Clinical Community Director for Cardiff West GP Cluster, CAVHB.
- Phil Williams, Community Engagement Officer and other members of his team from the Day Opportunities Team, Cardiff City Council.
- Helen Harris, Dementia Friendly Community Coordinator (Cardiff and the Vale), Caring Services, Marie Curie.

We have a presence on the RMA website, articles in the Radyr Chain and a developing presence on Facebook.

The most effective way to communicate we have found is through personal interaction.

We started a Friday afternoon group at the NSR at Christchurch in April. This initially ran monthly, but after chatting to community members and people with experience of starting like groups, it was thought that a weekly meeting was better. This means we can plan some themes and people are more likely to remember to come. We are currently working toward being a dementia friendly organisation, so weekly is more appropriate if we are to be inclusive .

We have started small with between 5 and 10 people attending. It is a friendly group and we hope to grow it.

Moving forward we are working to recruit volunteers for a number of roles. It has become apparent that Good Neighbours will have two aspects to the support it provides.

- Regular meetings where anyone is welcome, can find friendship and information about the resources available. A potential hub to work out of.
- Transport provision. People need to be enabled to get out of their homes safely and supported.

These two ventures need the support of volunteers, which now we have identified the need we can recruit appropriately.

This continues to be an exciting project with potential to grow. We have support from many professional groups who offer advice, practical support and links to those in need. We are only at the beginning.