

## London Cares

#NoOneLeftBehind

### WHAT DO THEY DO

London Cares is a community network of young professionals and older neighbours hanging out and helping one another in our rapidly changing city. The objectives of The Cares Family include:

- Reduce isolation and loneliness** amongst older people and young professionals alike.
- Improve the connection, confidence, skills, resilience, and power** of all participants so neighbours can feel part of our changing city rather than left behind by it.
- Bring people together** to reduce gaps across social, generational, digital, cultural and attitudinal divides.

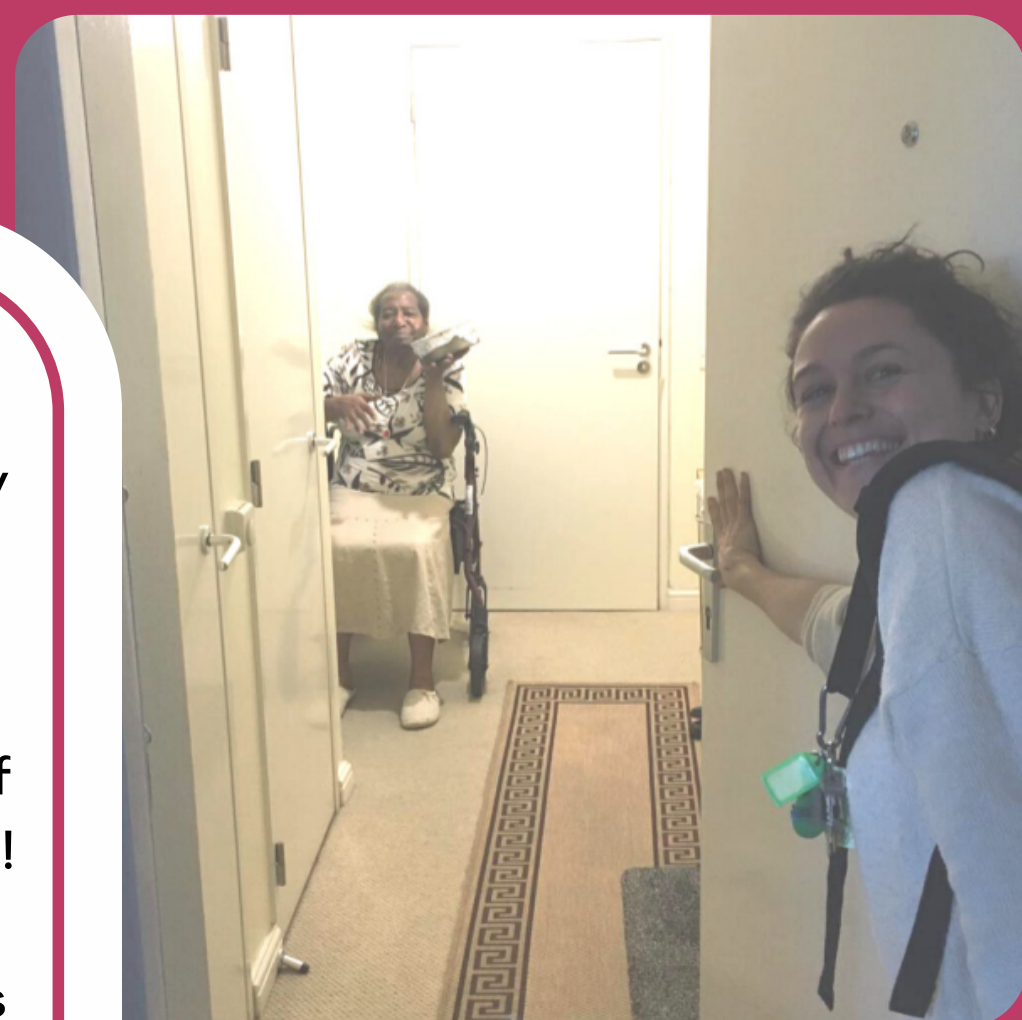
### Key Facts

Meeting Needs provided a grant to London Cares, supporting their activities bringing people together during lockdown. From Mar 20-Mar 21:

- 304** older & younger friends shared **268** social clubs online and by phone
- 1,245** practical interventions were carried out by volunteers, including delivering food and medical supplies.
- 139** sessions of one-to-one tech support, helping **109** older neighbours get online on Zoom and email.

The pandemic has had a huge impact on people's mental and physical health. Since March 2020, young people have become almost three times more likely to have experienced loneliness, with **44%** admitting feeling this way and **28% feeling lonely 'most or all of the time'**

Over the next six months, London Cares will safely restart in-person clubs in parks, open spaces and eventually churches, cafes, theatres, galleries and community centres, while still offering virtual support.



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Between carrot cake deliveries and takeaway fish and chips, we've been having catch-ups on the phone, which were special moments of sharing delicious recipes! Deslyn's cheerful spirit has been really precious to me throughout this tough period.

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meetingneeds

THE EVENTS INDUSTRY CHARITY