

About the Project

Folk Like Us provides free support and advice to people over the age of 55, living in the borough of Southend who are experiencing loneliness and isolation.

Folk Like Us aims to address:

- Older people in Southend feeling isolated because they can't participate in local social or community activities. This could be due to poor health, lack of confidence, transport issues or just not knowing what's available.
- Older people feeling disadvantaged because they can't easily access information which could lead to an improved quality of life.

Benefits to members include:

- Having more confidence to access services and social groups.
- A decrease in isolation and loneliness.
- Improved access to information in a way that suits them.
- Learning new IT skills, e.g. using smartphones and the internet.

"I have been a widow for three and a half years after 43 years of marriage. I can be at home and not see or speak to anyone for days. There is such a loneliness after losing your partner and no longer working or being in the middle of family life. Thank you - 'Folk Like Us' has helped me become 'me' again!"
Annette - Folk Like Us member

The Community Support Team



The Folk Like Us Team have 30+ years combined experience working with and supporting the community of Southend. Compassionate and friendly, they are always willing to help.

Anthony Quinn - SAVS Deputy CEO

Heather Ward - Project Support Co-ordinator

Lee Bagnall - Community Support Team Lead

Paul Blackburn - Community Support Team

Sarah Bower - Community Support Team

Get in Touch

Turning Tides Team
SAVS Centre
29-31 Alexandra Street
Southend-on-Sea
SS1 1BW

Phone: 01702 356070

Web: www.savs-southend.org/turning_tides

Email: turningtides@savs-southend.co.uk

Twitter: @Turning_Tides



**Folk Like Us:
Breaking
Loneliness &
Isolation
for over 55s**

01702 356070
turningtides@savs-southend.co.uk

A project of Southend Association of Voluntary Services
Registered Charity: 1063655

The Folk Like Us Hubs

Anyone can drop into our Hubs whether they are a registered Folk Like Us member or just a member of the public seeking information.

Hubs are places that you can come to:

- have a chat with the team
- meet other people
- learn about local services and support
- get involved in one-off special days

Speak to us to find out more and how you can be involved!

1. Central Hub

Open Monday - Friday 10am - 2pm
SAVS Centre, 29-31 Alexandra Street, SS1 1BW

2. Shoebury Hub

Open Mondays 10am - 2pm
151 West Road, Shoeburyness, SS3 9EF

3. Muddy Hub

Norwich Avenue, Southend and
Edwards Hall, Eastwood

4. Sandy Hub

Open during summer months
East Beach, Shoeburyness

Connect Events

Connect Events are run every 3 months. Members are invited to come along and hear from guest speakers covering a variety of subjects, e.g. health, local history, fraud avoidance.

This is a fun way to meet other members and share experiences. Lunch is provided and activities like quizzes or raffles are often part of the event.

Home Visits

We know that some older people are housebound through mobility or health conditions and are not able to visit the Hubs.

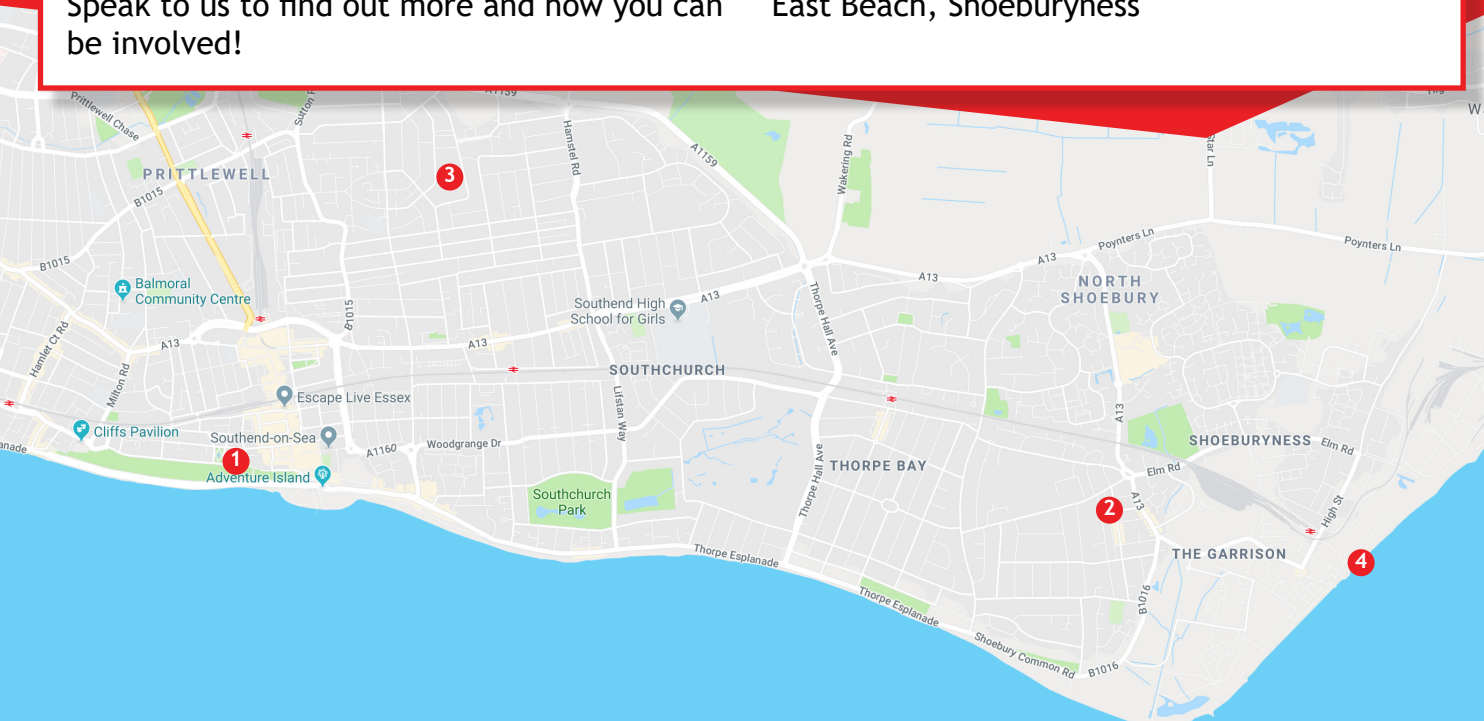
Our Team Leaders provide home visits to those who are unable to leave their house, ensuring that Folk Like Us support is accessible and inclusive to all. Call us on 01702 356070 to book a visit.

IT Support

Technology moves fast and it can be difficult to keep up with how things work, especially if you are not used to using computers and mobile devices.

Our team offer IT training and support both in the home and at our Hubs. We can offer support for mobile phones, computers and tablets.

Sessions are free but booking is required.



1. Central Hub



2. Shoebury Hub



3. Muddy Hub



4. Sandy Hub