Social Enterprise Groups Index

ADI Access - RoomMate
Cornwall
www.adiaccess.co.uk

Ageing Well Without Children (AWWOC)
Somerset
www.awwoc.org

Aquafolium
Devon, Torbay
www.aquafolium.co.uk

Atlas Respite and Therapy
Devon, Torbay
www.atlas.care

AWOCA: A woman of a certain age
Cornwall
www.awoca.co.uk

Book of You
Devon
www.bookofyou.co.uk

CareCalls
Devon, Somerset, Torbay, Cornwall
www.carecalls.co.uk

Caremunity
Cornwall
www.carefreespace.org

Crediton Community Bookshop
Devon
www.creditoncommunitybookshop.co.uk

Estuary ARNI Stroke Rehab Club
Devon
www.arni.co.uk

Find Your Voice
Devon, Torbay
www.findyourvoice.org.uk

Foxhole Community Garden
Devon
www.foxholecommunitygarden.org.uk

Good Boost
Devon
www.goodboost.org

Great Parks
Torbay
Facebook: /GreatParksCC

Green Space at Stokehill
Somerset
www.stokehill.com/green-space-at-stokehill

Little Bird Music - Chorus Connections
Cornwall
www.littlebirdmusic.co.uk

Local Spark:
Torbay Community Supported Enterprise
Torbay
www.localsparktorbay.org

Local Treasures
Devon, Somerset, Torbay, Cornwall
www.localtreasures.me

Longe Cote UK
Cornwall
Facebook: /longecoteuk

Made Open
Devon, Somerset, Torbay, Cornwall
www.weare.madeopen.co.uk

Make It Better CIC
Cornwall
www.mitber.com

Moments Café and Hub
Devon
www.moments-cafe.com

Move It or Lose It
Devon, Somerset, Torbay, Cornwall
www.moveitorloseit.co.uk

NEDCare
Devon
www.nedcare.org

Oakford Community Support project
Devon
One Stop Advocacy
Devon
www.onestopadvocacy.com

Par Track: Run, Ride, Relax, Repeat
Cornwall
www.partrack.org.uk

Pass the pressure
Cornwall
www.passethepressure.co.uk

Peaceful Pups
Somerset
www.peacefulpups.co.uk

Personal Alarm Watches
Devon, Somerset, Torbay, Cornwall
www.personalalarmwatch.com

Remarkable Lives
Devon
www.remarkablelives.co.uk

Renew Personal Training
Devon
www.renewpt.co.uk

Rusty Road to Recovery
Somerset
www.rustyroad2recovery.co.uk

Sense Ability Therapy CIC
Devon
www.senseabilitytherapy.co.uk

Sporting Memories
Devon, Somerset, Torbay, Cornwall
www.thesmf.co.uk

Step in Time
Torbay and Somerset

Tea Dance Club
Devon
www.teadance.club

The CHAOS group
Cornwall
www.chaosgroupcornwall.co.uk

The Family Foraging Kitchen - Our Grandparent’s Secrets
Cornwall
www.familyforagingkitchen.co.uk

The Filo Project
Devon, Torbay, Somerset
www.thefiloproject.co.uk

The Hut in the Field
Cornwall
www.mindfulmonkeez.co.uk

The Sewing Rooms
Torbay
www.the-sewing-rooms.co.uk

Virtue Health
Devon, Torbay
www.virtue.io

Walking Fit - Quit Camp Project
Cornwall

We Are Stories - Digital Storytelling Workshops
Cornwall
www.wearestories.org.uk

Inspire awards
These were small grants aimed at helping people develop the seed of a good idea, rooted in the community to begin to grow.

Celebration of International Older People’s Day

Coffin clubs

Tea and memories reminiscence groups

Co-housing exploration (two projects)

Intergenerational IT support

Falls prevention survey

Intergenerational drumming workshops

Singing for health
ADi Access – RoomMate

We create audio way-finding technology for both the visually impaired and dementia sufferers, preserving their dignity and independence whilst using a toilet when away from home.

Location
Cornwall

Website
adiaccess.co.uk

Twitter
@adiaccess

Facebook
@adiaccess

Instagram
@adiaccess
We are constantly met with ignorance of such a simple problem.

RoomMate makes the room accessible by replacing the need for another person to be present whilst someone who is visually impaired, or who suffers from dementia, visits a public bathroom.

On entry, RoomMate offers its services, if the user doesn’t need it they simply carry on and RoomMate resets; if they do, however, then a simple wave of the hand triggers a detailed description of the room. No technology is needed on behalf of the user to interact with RoomMate.
Aquafolium

We are a social enterprise on a mission to rewire society with nature.

Location
Devon and Torbay

Website
aquafolium.co.uk

Twitter
@aqua_folium

Facebook
/aquafolium

Instagram
@aquafolium
Aquafolium reconnects people with nature, helping vulnerable and socially isolated groups to improve their wellbeing and lead healthier lives.

We design and run nature-based interventions, experiences and activities, including forest bathing and nature therapy. Physical, mental, emotional and spiritual wellbeing is supported by the natural environment and our relationship with it.
Atlas Respite & Therapy

Our tailored dementia meeting centres use a Dutch model to offer families support, respite, and courses to enable people to remain at home longer and improve their quality of life.

Location
Devon, Torbay

Website
atlas.care

Twitter
@NessCentre

Facebook
The Ness Centre
Our mission is to innovate in community day care enabling individuals living with dementia to have the highest quality of life while supporting families through courses, respite and information.

The Ness Centre is a specialist activity centre based on the Dutch model of Dementia Meeting Centres.

The centre helps to engage individuals at all stages of the disease, keeping them mentally and physically active, socially connected and independent in the community, whilst also supporting families through respite, courses and emotional support. We are hopeful that we can replicate the dementia meeting centre model creating more opportunities and ways to manage a life with dementia.
AWOCA: A Woman of a Certain Age

Transforming attitudes and lifestyle practices for women entering the menopause.

Location
Cornwall

Website
awoca.co.uk
The aim of AWOCA is to raise the individual and the social conscious of our attitude towards ageing as in my experience the right information and attitude can transform anything!

A new website of information and inspiration. This site is not product-based and is not aiming to sell you anything other than the positive action that you can take to transform your ageing process. Like its author, it is a work in progress. In the weekly blog there are sometimes thought provoking reflections or factual information from reliable sources and of course that all important humour.

The term AWOCA stands for A WOMAN OF A CERTAIN AGE and to me age is just a number. I have felt old in my thirties and younger in my forties, depending on my lifestyle and how I take care, and of course how I have perceived myself. In our culture, society is riddled with clichés about women and ageing and not always in a positive light.
Ageing Well Without Children (AWWOC)

AWWOC brings together those who are ageing without children – providing a firm base for discussion and support.

Location
Somerset

Website
awwoc.org

Email
info@awwoc.org

Twitter
@AWOCUK
The number of people over 65 without adult children is set to double from 1.2 million at the present time to 2 million by 2030.

We are dedicated to campaigning and creating awareness of people over fifty who are ageing without children. Whether through choice, circumstance, infertility, bereavement, estrangement, or for any other reasons, we provide the right training and resources to help connect those people experiencing just this.
Book of You

We apply the proven benefits of reminiscence therapy using a digital app to encourage people in later life and people with dementia to share their stories.

Location
Devon, North Wales and the UK

Website
bookofyou.co.uk

Twitter
@bookofyou

Facebook
/bookofyou

Instagram
@bookofyoucic
Book of You helps show who a person was and who they are now.

Using words, pictures, music and film, our app brings families, friends and carers together sharing life’s special moments.

Using Book of You, individuals can look back into their past to stimulate thoughts and memories, names and details of events at a touch of a button. Benefits include improved wellbeing, person-centred care, reduced social isolation and overall confidence in using IT and tablet computers.
CareCalls

CareCalls helps vulnerable people remember to do important things and checks that they are ok throughout the day.

Location
Devon, Somerset, Torbay, Cornwall

Website
carecalls.co.uk

Facebook
/CareCalls

Case studies
blog.carecalls.co.uk
CareCalls helps those who are frail, have learning or physical disabilities and those with complex medical needs. It also helps those who are just a bit forgetful.

CareCalls works by delivering reminders and check-ins via landline or mobile. We can deliver as many phone calls as are needed 24 hours a day 7 days a week. When a call is answered we play a message reminding the listener to do important tasks, such as taking medication. If they don’t answer the phone at any time, other people can be informed.
Caremunity

Carefree, the charity provider of short breaks for unpaid carers, is researching the creation of ‘Caremunity’, an online platform designed to enrich and enliven the lives of carers through the delivery of useful, engaging and uplifting content.

Location
Cornwall

Website
www.carefreespace.org
We are seeking to improve the wellbeing of unpaid carers.

Unpaid home caring is an act of kindness, but one that can be physically demanding, financially challenging and socially isolating. Short carefree breaks to improve carer wellbeing could be one of several services offered through a ‘Caremunity’ portal focused on carers’ health, wealth and social inclusion. Our site could highlight local services, support groups and events, in one place.

The Caremunity portal will be focused on carers’ health, wealth and social inclusion.

Our website will be geo-specific so that relevant and local services, as well as support groups and events, are all highlighted in one place.
Crediton Community Bookshop

We are a social enterprise committed to finding creative ways to support community-led projects that help to reduce social isolation.

Location
Devon

Website
creditoncommunitybookshop.co.uk

Twitter
@Credbooks

Facebook
/CreditonCommunityBookshop
Crediton Community Bookshop is a social enterprise set up by a group of volunteers who want to retain a bookshop in the town and to make a difference in the community.

Staffed by employees and volunteers, the bookshop has gone from strength to strength. In 2016, it moved to larger premises in the centre of the High Street, to continue to build up book and reading activities.

Volunteering is a key aspect of the enterprise, enabling people to learn new skills, become more integrated in the community and contribute to the development of the organisation. Many volunteers are over 50 years of age, and some are recently retired, bringing a lifetime of skills and experience to develop areas of the enterprise. These can include marketing and design, schools outreach programs, and providing local information for visitors and tourists.

Every book we sell contributes to the success of our mission.
Estuary ARNI Stroke Rehab Club

Taking the right steps to a more positive future, the Estuary ARNI Club empowers its members to live a more positive and connected lifestyle after stroke.

Location
Devon

Website
arni.uk.com

Facebook
/EDevStrokeRehab
Training alongside fellow members, you’ll be empowered to live your life after a stroke with better mobility and more confidence.

The Estuary ARNI Stroke Rehab Club specialises in the recovery and rehabilitation for stroke survivors by making the right connections for a positive life transition.

The club gives just the support its members need to make their best recovery, from providing the mobility and transport to the right information. As a result, members can experience much greater independence.
The Filo Project

Too many socially isolated people with early to moderate dementia live in the community; this equals symptom exacerbation and an increased challenge faced by carers.

Location
Devon, Torbay, Somerset

Website
thefiloproject.co.uk

Twitter
@FiloProject

Facebook
/FiloProject

Instagram
@filoproject12
The Filo Project provides high-quality, small group day care designed to benefit those with early to moderate dementia. Individuals are picked up from home and taken to the host’s home, where they spend the day and form friendships.

Each group differs and is bespoke to the capacities, preferences and personalities of its members. Over time clients gain in confidence and begin to flourish. Even those rurally located can be supported and we frequently see significant improvements in symptoms and well-being, with regained confidence for everyone to flourish. The Filo Project also benefits people with other conditions such as Parkinson’s, Stroke, or sensory loss, and our intimate group sizes give people the time and space to feel at ease, as well as catering for those who have no formal diagnosis but are experiencing issues with their memory. Our intimate group sizes give people the time and space to feel at ease.
Find Your Voice: Momentum

Using singing to promote health and wellbeing through learning, the Momentum music and movement programme brings together adults and carers to positively challenge and enable growth in confidence, stamina and cultural participation.

Location
Devon, Torbay

Website
findyourvoice.org.uk

Facebook
/findyourvoiceuk
At Find Your Voice, we believe everyone should have the opportunity to experience the health and wellbeing benefits of learning something new, bringing together communities who previously haven’t engaged with art or culture. We are the only organisation in the UK specifically working within adult social care centres to deliver singing-specific programmes of learning.

Our bespoke 10-week Momentum programme is aimed at adults living with either physical or learning-based disabilities, or adults in later life. We mould the programme to fit around each individual group, using instruments and multi-sensory equipment to engage them in learning a new skill to a high standard, often for the first time in fifty years or more. Working with the carers and the wider community is a vital part of the programme, enabling learners to feel connected and ensuring sustainability once the programme has ended.
Good Boost

Therapeutic exercises and aquatic rehabilitation are clinically effective in reducing pain and stiffness – we use specially designed technology to help improve physical function and mobility.

Location
Devon and Somerset

Website
goodboost.org
At Good Boost, we use technology to create tailored musculoskeletal rehabilitation exercise sessions in local swimming pools.

We’ve developed artificial intelligence that’s embedded in our software which uses post-exercise feedback from Good Boost participants to individually progress therapeutic aquatic exercises. Our programmes improve people’s mobility alongside reducing stiffness and pain. Everything we do has been built upon published research and clinical best-practice. We work with public pools to make Good Boost locally accessible, affordable and social for people in later life.

Feedback is collected after each session, so that we can develop tailored rehabilitation exercises.
Our Grandparent’s Secrets

We provide people in later life with the opportunity to share their life skills and traditional crafts, to inspire younger generations, and to become more engaged in the community.

Location
Cornwall

Website
familyforagingkitchen.co.uk

Twitter
@FamilyForaging

Facebook
/FamilyForaging

Instagram
@thefamilyforagingkitchen
This is a project where your knowledge and wisdom will be recorded as a legacy gift.

The Family Foraging Kitchen presents Our Grandparent’s Secrets; a new and exciting local project that encourages people in later life to share their skills, knowledge and advice with the wider community. The project is a great way for people over fifty to re-engage with their community, become inspired by younger generations, and for them to try something new and reignite former interests.
Green Space at Stokehill

Green Space sessions connect people with nature, engaging them in new skills and keeping them connected and active for a healthier future.

Location
Somerset

Website
stokehill.com/green-space-at-stokehill

Twitter
@FarmStokehill
Beautiful, uplifting, relaxing... A real sense of wellbeing and time to stop

Green Space at Stokehill helps people in later life, and others facing life changes, to remain active, valued and connected. We hold walks, workshops and longer courses covering food, farming and countryside themes, offering a blend of physical exercise, new learning and a chance to spend time with others.
The Hut in the Field

The Hut in the Field is an intergenerational community project designed to bring people together to alleviate anxiety, depression and loneliness.

Location
Cornwall

Website
mindfulmonkeez.co.uk

Twitter
@mindfulkerry
Helping people across the generations, our mindfulness workshops facilitate changes in perspective – promoting good mental health, emotional and physical wellbeing. Activities include gardening, woodwork and craft helping people in later life to explore their own creativity, as well as promoting comradery and confidence. Participants have the opportunity to become involved in projects through sharing their life skills, volunteering to aid the smooth running of the project, and becoming members of a steering group to help shape this exciting project.
Little Bird Music: Chorus Connections

Chorus Connections is an intergenerational programme that brings young and older people together in their communities to enjoy singing and music.

Location
Cornwall

Website
littlebirdmusic.co.uk

Facebook
/littlebirdmusic.co.uk
Chorus Connection aims to bridge the gap... to increase intergenerational interactions.

Chorus Connections aims to give everyone the opportunity to make meaningful relationships and to benefit from the joy of learning and making music.

Our weekly music workshops incorporate singing and percussion, which help build stronger and more connected communities across different generations. With the need to address increasing loneliness in older generations, Chorus Connections raises awareness and understanding of this throughout the community.
Local Spark: Torbay Community Supported Enterprise

We look to connect people in later life with younger entrepreneurs; encouraging a collaboration of skills and knowledge to start up and grow new enterprises for the community.

Location
Torbay

Website
localsparktorbay.org

Twitter
@localsparktrbay

Facebook
/localsparktorbay
Imagine a place where useful new businesses are sparked into life when local people come together.

Local Spark aims to provide solutions for both young and older generations in Torbay, by bringing people together to thrive and succeed.

We’ve pioneered a new way of thinking that can open doors to funding, networking, practical means and expertise for entrepreneurs in the area. We have noticed that people in later life who have taken the plunge and moved to the English Riviera can be left feeling isolated and undervalued, which can impact on their health and wellbeing. There is already a fantastic network of expertise and knowledge, plus a huge well of energy and creativity, just waiting to be tapped into when the people of Torbay come together for the Local Entrepreneur’s Forum.
Local Treasures

We are an experienced and trusted team of over 50s providing a wide range of local services for homes and businesses.

Location
Somerset, Devon, Torbay, Cornwall

Website
localtreasures.me

Facebook
/localtreasures.me

Instagram
@localtreasures.me
Local Treasures provides all sorts of jobs in and around the homes, gardens and businesses of the local community.

All the work is done by people in later life (Treasures), who have a range of skills and experiences which they can put to good use by doing gardening, housekeeping, DIY, admin, dog walking, childcare and much more. The key to our success is in giving the Treasures the opportunity to work flexibly so they can fit work around their daily lives.

We believe that continuing to work well into later life keeps people healthy, financially independent and socially included.
Longe Cote UK

Longe Cote UK uses the calming nature of the sea with gentle exercises to support the community.

Location
Cornwall

Twitter
@longecoteuk

Facebook
/longecoteuk
My aim is to help those with low mood or who may be isolated

Longe Cote UK offers an inclusive and fun group session, where clients can enjoy the natural environment with gentle exercises. “The main impact for myself, as well as my clients, is on mental health,” says founder, Jo Radcliffe. Classes attract many over 50s with low fitness levels and who want a low impact, non-competitive forty-five minutes in the sea. Longe Cote UK is looking to train instructors and run more classes across new venues.
Made Open

Made Open is an online platform that gives communities a trusted place to exchange information and services for good causes.

Location
Torbay, Cornwall

Website
weare.madeopen.co.uk

Twitter
@made_open
If you have a community project that you’d like to share, why not give us a try?

Made Open is an online platform that connects people to their community.

The platform can be customised to suit any community of purpose or place – providing a means for members to access volunteering opportunities, find local services and social groups or exchange their skills for time credits among other things. Our platform adds value to community organisations who wish to support and report on community development initiatives, sponsor campaigns, receive and manage referrals, or guide people away from clinical services towards community resources.
Make It Better CIC

By providing access to the arts, we support vulnerable people in care and help communities to live well.

Location
Cornwall

Website
mitber.com

Twitter
@hurdygurdypurdy

Facebook
/mitber

Instagram
@ruth.purdy
We understand that creativity helps people live well and independently. It allows us to contribute, make connections and look after our culture.

By providing access to the arts, Make It Better CIC support communities to live well. Offering visual arts, performance and digital sessions in the care and housing sectors, for voluntary groups and schools.

Helping professionals and community groups deliver creativity, provide outstanding care and as such protect individuals human rights. Mitber.com offers subscribing members:

- forums to develop and share projects
- activities by email
- boxes with materials and instructions for activities
Moments Café and Hub

Moments Café and Hub is an innovative and exciting place where communities come together and support people living with dementia.

Location
Devon

Website
moments-cafe.com

Twitter
@MomentsPlym

Facebook
/MomentsPlym

Instagram
@momentsplym
The Café is a place that is fun to be in... where every customer contributes to their community by supporting people living with dementia.

Open to the public, Moments Café enables a trip down memory lane for all. Themed in different decades to delight visitors at any age.

Moments Café and Hub work in synergy – profits from the Café and beautiful hire-out spaces support a dementia information centre, where those living with dementia and their carers, can receive on the spot support when they need it. The Hub collaborates with other VCS organisations to provide health and wellbeing activities to support the community.

A unique place run by unique innovative nurses passionate about making a difference to people’s lives.
Move It or Lose It

We improve physical and mental health through revitalising exercise classes for those in later life.

Location
Devon, Torbay, Somerset, Cornwall

Website
moveitorloseit.co.uk

Twitter
@moveitorloseit1

Facebook
/MoveItOrLoseIt1

Instagram
@mioliteam
Our aim is to help older people enjoy more active, healthier and happier lives.

We train specialist instructors to deliver fun exercise classes for more vulnerable people in later life to reduce loneliness and improve wellbeing. Our exercise sessions focus on bringing people together and to promote community cohesion. Accessible to all, our members can train to become activity instructors, providing a positive future and improve overall quality of life. By empowering people to be more active, our sessions lead to greater confidence and can help people to maintain their independence.
NEDCare

NEDCare is a not-for-profit social enterprise providing support and personal care to people in later life – especially vital for those living in secluded rural areas.

Location
Devon

Website
nedcare.org

Twitter
@NEDCare

Facebook
/NEDCare1
There are care matches that we made back then that are still running three or four years later.

NEDCare began as a small community project determined to tackle a chronic lack of social care for rural communities living in north-east Dartmoor.

We are now a regulated home-care agency and we employ our very own team. Because we knew how costly and long-winded a process it is to set up a regulated agency, we developed a quick and cost-effective solution; a Carer Introduction Service. With this, we match people in need of care to local, self-employed carers. On the Caring Connections Project, we are also working with three project partners, supporting them to establish their own Carer Introduction Services.
One Stop Advocacy

One Stop Advocacy is a social enterprise providing advice and services, whilst drawing experience and skills from people in later life.

Location
Devon

Website
onestopadvocacy.com
I ask clients to look ahead to a year’s time and what they wish to do, then I help them to put in the building blocks to achieve this.

OSA’s strap line is ‘where any problem can be tackled’, helping people to obtain information on benefits, activities, health checks, volunteering and many more.

Working in Plymouth and Tavistock soon, OSA helps with benefits, opening post, loneliness, moving house, etc. Now working to recruit retired people to share their wealth of experience and knowledge to help others.
Pass the Pressure

Pass the Pressure looks to reduce the isolation and loneliness that people in later life experience, making sure they remain independent and with the right support.

Location
Cornwall

Website
passthepressure.co.uk
Independence, continuity and flexibility are the values we strive to achieve.

We give encouragement and guidance to individuals to live as independently as possible in their home environment, whilst making their own choices and lifestyle. We look to ‘fill in the gaps’ that may hinder everyday life for older people, and because everyone has their own needs, a structured plan is agreed for each person.
Personal Alarm Watch

The discreet Personal Alarm Watch brings more freedom to those wearing it at home and outdoors with access to a 24/7 care team at the press of a button.

Location
Devon, Torbay, Somerset, Cornwall

Website
personalalarmwatch.com
For 36 years, we’ve had to put up with the traditional pendant alarm and people hate them.

We have worked closely with people in later life to identify the underlying problems with traditional pendant alarms – they find the red button stigmatising and because they only work at home, there’s hesitation in going outdoors.

Our aim is to help them keep their independence, and so that’s why we developed the Personal Alarm Watch; a discreet watch that works anywhere in the country. At a simple press of a button, people in later life have access to our 24/7 care team and can speak to them directly through the watch. Through Transform Ageing, we worked closely with hundreds of people to design and launch the best alarm.
Remarkable Lives

We are improving the quality of life, wellbeing and care for an ageing population with our product, Remarkable Lives: a memory-sharing app and care passport all in one.

Location
Devon

Website
remarkablelives.co.uk

Twitter
@RemarkableAge

Facebook
/RemarkableLivesUK

Instagram
@remarkablelives
Remarkable Lives is a private social network: a place to celebrate the life stories of older people and change perceptions of our ageing population.

First, we provide the public with a free to use app—a digital scrapbook to help older people tell their life story, saving their memories on an interactive, chronological timeline that’s enriched with photos, audio and written stories. It brings families, friends and carers together through private sharing, allowing everyone to contribute their own memories.

Second, working with care staff and community groups we’ve co-designed a platform that puts these human stories and lived experience together with current needs and preferences at the heart of care. Our Care Dashboard has a range of features to help save organisations time and money by digitizing information and tasks. But most importantly, it provides a way to deliver better care and support by getting to know the whole person.
Renew Personal Training

Renew Personal Training specialises in delivering simple, physical exercises to improve quality of life and wellbeing for the community.

Location
Devon

Website
renewpt.co.uk

Facebook
/renewpersonaltraining

Instagram
@renewpersonaltraining
I can offer more targeted help and support, in surroundings more familiar to them.

Many people in later life lose their mobility through injury or illness. Renew Personal Training provides exercises that can improve their balance, coordination, confidence, strength and energy levels; all of which shows them just what they are capable of achieving. Without this, they could quickly lose their independence and ultimately their homes.
Rusty Road 2 Recovery

We support people in later life and those living with mental health problems, training them on how to restore classic cars. Participants gain new skills whilst feeling socially connected through a process of learning and self-development.

Location
Somerset

Website
rustyroad2recovery.co.uk

Twitter
@rustyroad2

Facebook
/rustyroad2recovery

Instagram
@rustyroad2recovery
No two people are the same, and there are all sorts of friendships made that would never have happened.

Rusty Road 2 Recovery is a unique social enterprise that keeps people working together in restoring classic cars back to their former glory.

Our aim is to help people live a satisfying and hopeful life, with a sense of achievement through contribution. We work with people in later life who have fallen into isolation, or those with mental health problems, to improve their wellbeing. People benefit from learning new skills and meeting new people; all of which help to improve their mental health. What’s more, participants only move on when they are ready to, as opposed to when a project comes to an end. Restored cars are auctioned off and any money that comes back helps to kickstart new projects. We are looking to incorporate intergenerational programmes, too, for people in later life to intermix with young adults.
Sense Ability Therapy C.I.C.

We are a physiotherapy rehabilitation company, providing the community with specialist support to improve mobility and function.

Location
South Devon

Website
senseabilitytherapy.co.uk

Twitter
@senseability1

Facebook
/@senseabilitytherapy
To champion the right of every individual, regardless of age, to access rehabilitation.

We focus on people in later life and those with long-term conditions to improve their quality of life and social participation. This need has grown exponentially over the last decade with increasing pressures on the NHS and more people being discharged home with significant levels of disability. We support and improve the health, mobility and wellness of the community through education, physiotherapy, exercise classes and innovative technologies.
The Sewing Rooms

The Sewing Rooms is an established women-led social enterprise supporting vulnerable people and creating meaningful opportunities for personal and professional development.

Location
Torbay

Website
the-sewing-rooms.co.uk

Twitter
@SewFabAcademy
The magic happens when they sit and sew – it brings people together.

Our goal is to improve the health and wellbeing of the individuals we work with using a combination of sewing and creative activities, confidence building and skills training.

Our vision is a world in which vulnerable people feel supported and cared for. The Sewing Rooms have developed a theory of change which is focused on the idea that by providing individuals with opportunities for development, we can change the environment in which they live. We use sewing as a mechanism to support the people we work with, moving them from negative emotional states to a positive wellbeing.
Sporting Memories

Sporting Memories helps to provide a welcoming social setting where friendships can develop and flourish, supporting those who live with dementia and depression.

Location
Somerset, Devon, Cornwall, Torbay

Website
Thesmf.co.uk

Twitter
@SportsMemNet

Facebook
/Sporting Memories Foundation

Instagram
@thesmf
We help people to regain their identity and make friends through a common love of sport and to help re-build their confidence and resilience to live happier, more independent lives.

At Sporting Memories, we use the power of sport to engage people in later life living with conditions such as dementia and depression.

For those experiencing loneliness and isolation, weekly reminiscence, social and inclusive physical activities have been designed to instil confidence, help improve mental and physical wellbeing, and build personal resilience.

Once established, clubs use the same common interest in sport to host and take part in multigenerational activities, helping to foster greater feelings of community and connections between generations.
Step in Time

Step in Time is a community dance programme that helps to bring together people in later life who are at risk of having a fall or living in isolation.

Location
Torbay and Somerset
Our participants tell us that the social and dance elements make all the difference to their wellbeing.

Step in Time offers group community dance classes that focus on improving the strength and balance of people in later life, and ultimately building up their confidence and independence.

We offer the social and expressive elements of a range of dance styles within the FaME evidence-based exercise framework for falls prevention. Our classes engage people in creative and social activities, in which their contributions and presence are valued. Our Paignton sessions involve regular progress assessments, tasters and one-to-one introductory sessions.
Tea Dance Club

Tea Dance Club is a socially engaging afternoon club that is focused on addressing inactivity and social isolation in people in later life.

Location
Devon

Website
teadance.club

Facebook
/teadanceclub
We have a great time dancing, and there is afternoon tea with sandwiches, cakes and a good old-fashioned chin wag.

Tea Dance Club holds weekly meet-ups where people can join in and become connected with the community whilst staying active and healthy.

We are looking to help and support communities in setting up their own tea dance clubs in local halls, and in doing so develop an understanding as to why we become inactive and isolated as we grow older. Supported through volunteer dancers and helpers, we provide a happy sociable occasion that everyone enjoys.
Virtue Health

Virtue develops digital therapies for age-related conditions. Its first platform, LookBack, is a Virtual Reality therapeutic platform to improve the mental health and social engagement of older adults and people with dementia.

Location
Devon, Torbay

Website
virtue.io

Twitter
@virtue_io

Facebook
/virtue.io
There’s often a bias against older people in the assumption that they cannot use or benefit from new technology. We are changing that perception by working closely with our target users and developing solutions with a human-centred approach so our platforms address our users’ needs.

LookBack uses VR to virtually transport people to places and experiences of significance to stimulate memories.

Using technology, LookBack brings the benefits of reminiscence to more people in an immersive, accessible, and engaging way. The platform is being tested in the NHS and this approach has shown to be beneficial in helping manage the psychological impact of dementia which can include anxiety, loneliness and stress.
We Are Stories – Digital Storytelling Workshops

We create a more connected and compassionate society using the power of personal stories, with our exciting Digital Storytelling Workshops.

Location
Cornwall

Website
wearestories.org.uk

Twitter
@wearestoriesuk
The stories that emerge may be a catalyst for change, both for the storyteller and those who hear the story.

Our Digital Storytelling Workshops enable people with communication or cognitive difficulties to find, create and share stories that make them who they are. The final product is a short video clip made up of photos and a spoken narrative that captures something important to the individual. Through this process, people develop a deeper understanding of themselves, and as a result grow in confidence as well as finding connections with others.