

**well
together**

GRIMSBURY COMMUNITY CENTRE

Grimsbury Community Centre in Banbury received £6,620 from Well Together to deliver two projects - a weekly Lunch Club for elderly and vulnerable residents and a Youth Group for 8-13 year olds.

Both the Lunch Club and the Youth Group enable a wide range of people to come together for activities and food at an affordable price. The Lunch Club has served over 720 subsidised meals to between 15-20 people each week, and the Youth Group has around 10 young people attending, with more joining each week. Both projects enable people to meet others from the local community, eat well, play games, learn new activities, enjoy social interaction and make friends - all of which has a huge benefit to health and wellbeing.



“One gentlemen was not eating much at all before he came - he now comes most weeks and eats all of his healthy lunch and takes a box of food home too.”



YOUTH GROUP

The Youth Club runs a variety of different activities including sports, games, arts and crafts. The young people contribute suggestions and feedback, and the leader encourages their involvement in planning, which fosters ownership and engagement. The Youth Club gets constant positive feedback from the young people and parents.





LUNCH CLUB – “LIVELY AND WELCOMING”

The Thursday Lunch Club at Grimsbury Community Centre provides a subsidised hot lunchtime meal for elderly and vulnerable people in the local community. It also fosters social connections, supports volunteers and creates a “lively and welcoming space”, as one participant said. The Club has brought new people into the centre who had never been before.



Wider benefits of the Lunch Club include liaising with local organisations for whom volunteering helps people to get back into work. The volunteers benefit by gaining skills and contributing positively to their community. This also helps to keep the centre’s costs down. Other support is provided by the local food bank, local district council officers and the local pub – and participants sometimes visit the pub for social activities including bingo!

The group grows produce in the centre’s garden, which is then used in the meals, and participants also take some of the produce home. Many of the attendees expressed that the Lunch Club it is the highlight of their week.

“One lady whose family bring her said she never normally talks, but now she talks to those at the group who she’s familiar with.”

“I’ve started volunteering here because this group has helped me gain experience and get back on track.”