

Bristol Ageing Better: Our First Four Years



Bristol Ageing Better (BAB) is a partnership of individuals and organisations working together to reduce isolation and loneliness amongst older people in Bristol.

In the first four years of our programme...

17,211 people aged over 50 have participated in our projects or engaged with our work.



That's **14%** of those aged over 50 in Bristol.



1,757 volunteers have given **35,390 hours** of their time



Our programme tackles loneliness and isolation through **16 projects** spread across four areas of work:

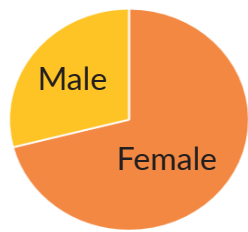
- **Creating the conditions** to reduce and prevent loneliness
- **Identifying and informing** older people at risk of loneliness
- **Working with communities** to increase the services and activities available
- **Supporting individuals** to live fulfilling lives

The BAB programme involves **54 project contracts**. 33 of these contracts were delivered in the first four years, while a further 21 are currently underway.

These 54 contracts have involved **83 local delivery partners**.



Of the 16,977 people who have participated or engaged with the BAB programme, 13% (2,284 people) provided us with information about their characteristics, lifestyle and wellbeing. Of these:



71% were female and 29% were male.

The majority were between **60 - 79 years old**, with the largest age group being 65 - 69 years old (15% of participants).

84% identified as heterosexual. 2% identified as being gay, lesbian, bisexual or other sexual orientation, while 14% chose not to provide this information.



71% of participants were White, while 24% were from a Black, Asian or Minority Ethnic (BAME) background and 5% chose not to provide this information.

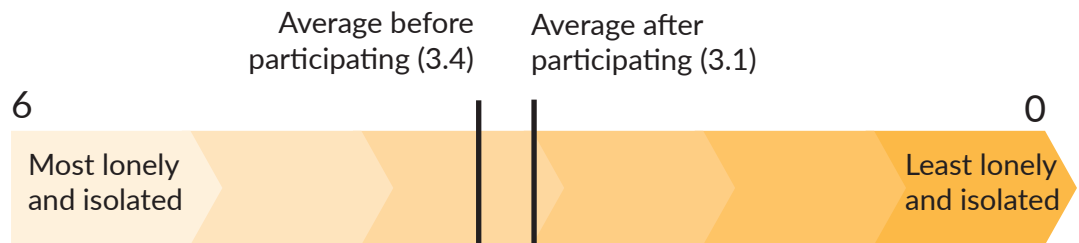


45% of participants lived alone



Improvements made by BAB participants so far...

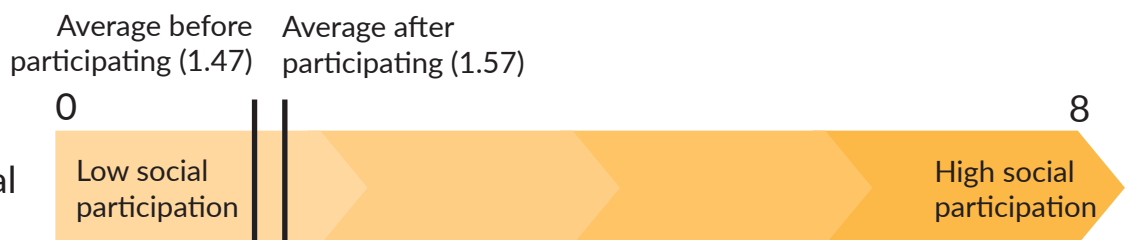
34% reported loneliness improved¹



28% reported increased social contact with non-family members²



28% reported increased social participation³



¹ Using the De Jong Gierveld loneliness scale, based on 464 participants who provided both entry and exit survey outcomes data for this question.

² Based on 617 participants who provided both entry and exit survey outcomes data for this question.

³ Based on 585 participants who provided both entry and exit survey outcomes data for this question.