

Bristol Ageing Better: Our First Three 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 three years of our programme...

9,118 people have participated in our projects or engaged with our work.



That's **7%** of those aged over 50 in Bristol.



1,202 volunteers have given **24,836 hours** of their time



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

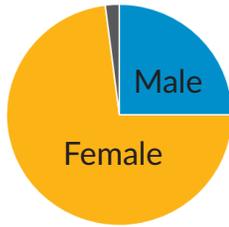
- **Creating the conditions** to reduce and prevent loneliness
- **Identifying and informing** older people at risk of loneliness
- **Working with communities** to increase the services and activities available
- **Supporting individuals** to live fulfilling lives

The BAB programme involves **54 project contracts**. 29 of these contracts were delivered in the first three years, while a further 25 are currently underway.

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



Of the 9,118 people who have participated or engaged with the BAB programme, 9% (845 people) provided us with information about their characteristics, lifestyle and wellbeing. Of these:



73% were female, 25% were male and 2% chose not to provide this information.

The majority were between **55 - 79 years old**, with the largest age group being 65 - 69 years old (17% of participants).

86% identified as heterosexual. 2% identified as being gay, lesbian or other sexual orientation, while 12% chose not to provide this information.



74% of participants were White, while 22% were from a Black, Asian or Minority Ethnic (BAME) background and 4% chose not to provide this information.

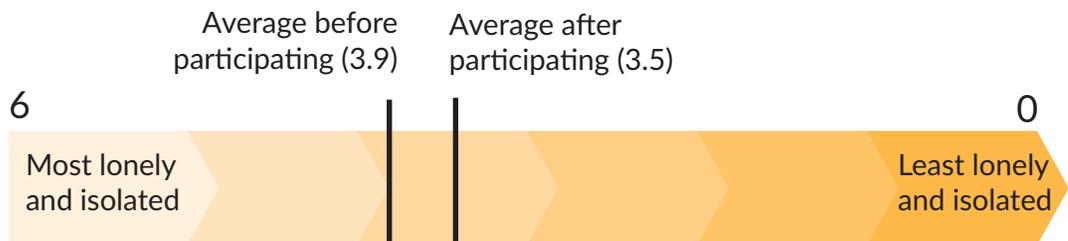


38% of participants lived alone



Improvements made by BAB participants so far... ¹

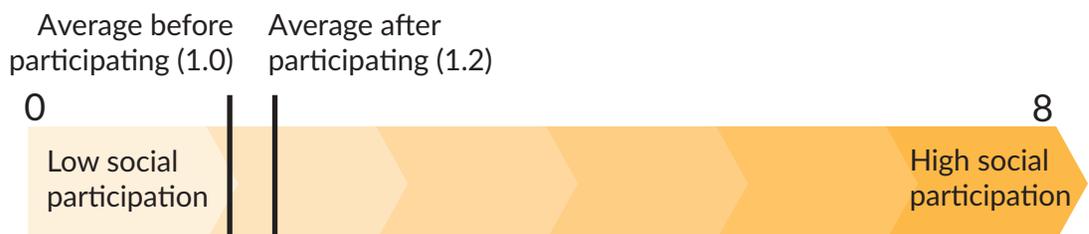
35% reported loneliness improved



28% reported increased social contact with non-family members



24% reported increased social participation



¹ Based on 150 participants who provided both entry and exit survey outcomes data