



Feeling Good is a new project designed to improve the lives of older people across the north London area. We work with vulnerable groups in the community, using communication and creativity to increase confidence and improve overall wellbeing.

Feeling Good provides companionship to those that need it the most by pairing volunteers with isolated individuals, who then provide a minimum of 30 minutes contact a week, helping combat loneliness and social exclusion in the older community.

WE NEED VOLUNTERS:

- to become consistent Companions with one isolated individual
- to action weekly phone calls, Zooms and outside walks
- take part in online creative activities

The scheme is currently limited to what we can do due to COVID-19. But once guidelines are lifted, we'll be running in-person workshops, creative activities and large events for the whole **Feeling Good Community**.

Since September, we've facilitated 60 intergenerational companionships making the **Feeling Good Community** 120 people strong already. Some of the pairings so far involve two nurses, one in her nineties the other in her thirties, a volunteer looking to practice their Greek with a Cypriot Companion, a lady in her sixties with a love of dogs paired with a volunteer who owns two eager Shih Tzus, and a classical singer with a Companion who used to be a classical pianist, having trained at Guildhall School of Music and Drama over fifty years ago.

If you're interested in volunteering, please fill out our [Volunteer Form](#), or for more details contact: Jennifer.oliver@jacksonslane.org.uk

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Registered Charity No. 1119318 VAT No. 507095103
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