

Feel Good Gold

Feel Good Gold was launched to support older people in our communities across Sneinton and St Ann's and address social isolation and loneliness, including those with long term health conditions such as frailty and dementia.

It began in February 2023, initially funded by Independent Age and running until December 2023. The sessions during this period took place on Wednesdays at St Ann's Allotments Visitors Centre and Fridays at Bakersfield Community Centre.

Due to the success of the sessions Feel Good Gold moved to Cherry Lodge and became part of our normal weekly term time provision.

The sessions are for people aged 60 and over, living in St Ann's and Sneinton. They take place on a Wednesday from 11:30am to 1:30pm at Cherry Lodge on King Edward Park and provide older people with a warm space, hot food, fun activities like quizzes and bingo, community-based access to additional support services from a whole range of local and national providers and transport to and from sessions if needed – for a contribution of £2 per person.

From April 2024 to March 2025 there were **39** sessions with on average between 20 and 25 people attending each session, with some attendees also attending other Renewal Trust activities and events and a group have come together to look after a garden at Cherry Lodge Gardens.

In the period from 1 April 2024 to 31 March 2025 **26 new people** have been referred by local organisations, friends or colleagues or self-referred to the sessions - over half of the people referred live alone.

Activities at the sessions have included bingo, quizzes, creative activities, chair-based exercises including yoga and self-massage.

Guest speakers have included Groundwork (energy advice), National energy action, Dementia friends, National literacy trust and the Alzheimer's society.

Partnerships

We have worked with a number of partners for Feel Good Gold during this period, including, My Journey and Nottingham City Council Community Connectors.

Do you live in St Ann's or Sneinton?
Would you like to get together with others, receive support, activities and enjoy a warm lunch? Join us!



Wednesdays, 11:30am to 1:30pm

Cherry Lodge, King Edward Park

£2 contribution - open to ages 60 and over

To find out more, or register to join us

Email: enquiries@renewaltrust.org.uk

Phone: 0115 911 2226

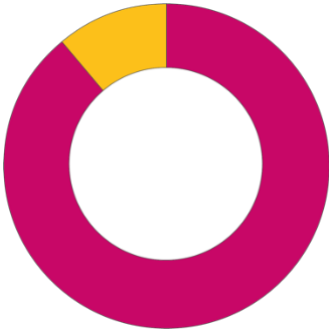


As part of our annual feedback survey in April 2025 we asked Feel Good Gold attendees what they thought about the sessions and here's what they said:



100% of people attending said their life had improved since attending the session with some saying it 'gets them out of the house' and 'helps them meet people'.

100% of people attending said they would recommend Feel Good Gold to a friend.



89% said they know more about the support available to them since attending the sessions.

9.1

94% of attendees **rated the activities 8 or higher**
Average 9.1 (out of 10, lowest rating 7)

9.6

83% of attendees **rated the food 9 or higher**
Average 9.6 (out of 10, lowest rating 7)

9.2

88% of attendees **rated the venue 8 or higher**
Average 9.2 (out of 10, lowest rating 6)

9.8

94% of attendees **rated the Feel Good Gold staff 9 or higher**
Average 9.8 (out of 10, lowest rating 8)



We asked people who attend the session what they enjoy most about the sessions and here's what they said?

the activities
conversations **the food**
the people
always have a laugh **the company**
meeting **very friendly**
new people **socialising**
winning a packet of chicken soup **chatting**
gets me out of the house

