

Age UK Trafford

Case Study

Martin is a volunteer driver for Age UK Trafford and has been involved as part of the Tackling Loneliness project – “I volunteered to drive for Age UK Trafford’s ‘Out & About’ trips on a Monday. Once started, and after a few weeks, the numbers increased from just a few users to most weeks a full bus.

The make-up of the trips was in the majority ladies with just a few men. On the whole in the earlier weeks most of the users were quite nervous of mixing (probably due to being so isolating during the covid epidemic). Some had been pretty well isolated for nearly 2yrs, however over the weeks I felt that the users were forming little groups and these friendships have continued to grow, to the point that instead of arriving on their own, they have travelled to and from the pick-up point in small groups. Also, I have found that some, even after the trips have finished, have gone into Urmston for a coffee together.



As a volunteer who has worked on this project right from the start I have found it very rewarding to see these people slowly regain a normal life again; which includes the shared experience of the trips and also meeting new people and making new friends.

On the whole I feel this has been a very worthwhile project which I'm very glad I got involved in, and feel honoured to be able to help

facilitate, to some small degree, the move back to a more normal life post pandemic.”

