

Appendix 3. Caring Herts CIC

=Document Control:

Version	Issue Date	Changes
1.0	NA	First Draft (BE)

Reference	CG-359			
Name of Organisation	Caring Herts CIC			
Organisation Type	Community Interest Company			
Ward	All			
Project Type	Wellbeing for older people			
Green option considered?	N/A			
NHC Councillor involvement that may constitute a conflict of interest	None known			
Previous financial support within six years	None			
Documentation reviewed and approved*	Safeguarding	Yes	Accounts	Yes
	Demonstrates clear governance	Yes		
Total applied for	£1,500	Total project cost	£11,700.50	

Officer Summary

[Caring Herts CIC](#) exists to support older members of the North Hertfordshire and Stevenage community who are experiencing loneliness or social isolation, giving them confidence to live well and enjoy life to the fullest.

They currently run 14 Wellbeing Hubs every week, consisting of seated exercise and offering companionship, advice, a listening ear and, most importantly: fun. They are applying for funding towards the costs of one of their Letchworth Wellbeing Hubs that takes place every Friday morning 10:30m - 12:30pm at Norton Methodist Church.

As people live longer, this brings both opportunities and challenges. Longer life can be fulfilling, but increasing evidence and practical examples from attendees informs that there are significant increases; risk of social isolation, loneliness, and declining mental wellbeing if community connections are not supported.

They have previously evaluated the effectiveness of this service:

- 92% of their hub attendees feel less lonely and isolated
- 87% feel more mobile, balanced and steady on their feet
- 77% feel more independent

It costs £11,700.50 to run these sessions for a year and they are seeking funding towards the costs of hall hire, which is a discounted rate of £36 per week. £8,000 is raised through membership fees and £2,200.50 through fundraising.

More than 100 residents of Letchworth will benefit, including older people who attend, their family and carers and the volunteers who support the Wellbeing Hub.

*Funding will only be released on receipt and approval of all supporting documentation