

Who are the Senior Toddlers?

Senior Toddlers delivers social and recreational activities to elderly people in the Denny area of Forth Valley. They run a weekly group for elderly ladies who meet on Wednesday mornings, where they can have fun chats and support each other as well as participate in arts and crafts, games, day trips, dance and exercise.

How was the grant used?

- Games and arts and craft materials were purchased, giving participants a chance to engage in mentally stimulating activities.
- Games days were held, which involved playing children's games such as Connect 4.
- They also held two craft days—painting items such as fancy wooden boxes and ceramic items. The other was a Christmas Crafts day with one of the group demonstrating and the rest making the Christmas crafts.

What had to change due to Covid-19?

- The group had to stop meeting during the pandemic, as most of the group were shielding or simply not able to go out. Many hadn't seen family or friends for several months and were experiencing loneliness and isolation, as the group was their only form of social interaction with others. Once the Elderly Women's group restarted Covid safety measures were introduced, such as ensuring suitable ventilation during group activities, regularly using hand sanitisers and ensuring that members do regular Covid tests, before attending the group.

What difference has the grant made?

- The painting and craft days kept members busy and mentally stimulated, while they chatted, which was something that they missed during the pandemic.
- The games days were full of laughter, which is exactly what is needed at the moment – not just by the group, but everyone – especially those elderly members, who live alone and only see people occasionally.
- Without the activity groups, it could have easily ended in several cases of poorer mental health.
- Ten members regularly attend the group and there have been more enquiries from new members to join since hearing about the fun activities through word of mouth.

“It is great to see the ladies so pleased with their achievements.”
(Group Coordinator)

“During the lockdowns, I was shielded and seen no-one for months. Obviously I missed my family but I hadn’t realised how much the club meant to me until I couldn’t see my Wednesday buddies either. We were all so down and depressed and looked forward to our return. We all wanted to hug and cuddle each other but of course we couldn’t.”
(Service User)

“I look forward to Wednesday’s chat. We meet with friends and have a cup of tea. There are stories and news to be shared and sometimes a poem from one of our group who wrote a Fun Poetry book. We were given cash to buy Arts and Crafts materials and Games which has been great for us. Every few weeks instead of just a ‘chat’ day, we have an activities day which is really enjoyed by us all.”
(Service User)

