The new group aims to increase its impact and reach by working more broadly with organisations and services on Arran and is looking to address barriers that may prevent older people attending the cafes and encourage new members.

AFC aims to encourage:

* An improved sense of wellbeing, resilience and decreased sense of isolation and loneliness through shared experience and support
* Promotion of healthy mental and physical wellbeing through peer interactions and mental and physical activities and games during meetings
* A voice to empower and shape future meetings and local affairs and the ability to feed into future decision making
* Supporting and encouraging peer volunteering opportunities and independence during meetings
* Early signposting access to financial and health services and other voluntary groups and services.

In the immediate next few months, AFC has kindly been offered the use of a church hall for free, with additional support for refreshments. This offers an immediate opportunity for continuity of support for former Well Being Café members. However, the former Café ran over three locations (Whiting Bay, Lamlash and Brodick) and we are keen to secure funding to enable the café to run in more than one location moving forwards, as location, proximity from home and access to transport featured highly in the varied attendance of different locations (typically up to 20 members per café).

Early discussions with Arran Community & Voluntary Service (ACVS) have been invaluable and we have started to explore access to transport to attract new members and to facilitate attendance from more remote parts of the island. In addition, the aims and timings for the café have been considered in relation to other groups running for older people on the island and our proposed meetings and aims fit well within this broader programme of activities.

Opportunities and synergies with other groups/individuals have also been identified and will be explored, including Blether Buddies, where the cafes could offer a safe, supported, meeting place, engaging with the Arran Community link Worker to support members and their changing needs and other voluntary groups such as the Arran Repair Café and land initiatives that may be able to provide low cost assistance to members with the current cost of living pressures.