



Celebrating over 20 years service



Alleviating isolation, improving health and well being.

Our Impact Report 2021



...Recently the Covid-19 pandemic forced EAWA to close for over a year. During this time, we continued to provide remote services, food delivery to cater to our clients' needs, online day care activities plus a telephone befriending service...

Chief Executive Chetna Shah

Our Purpose

We support, empower, and enrich the lives of older members in the community. We do this by being a trusted and valued first choice provider of inclusive services that alleviate isolation and improve their health and quality of life.

Our History

Established as a Not for Profit registered charity since 1998, we have been providing health and social care services in Enfield and surrounding Boroughs.

Having started as a high need day care centre for Asian elderly people, we are now providing services, that align with our purpose, to the wider community irrespective to their ethnicity, gender or religion.

Views of our clients and their carers were sought on the services EAWA offers. Here is a selection of their feedback:

- "...going to the day centre has been wonderful for my mother. She would tell us what they had done and who she had spoken to. She loved doing the activities and mentions how friendly and respectful everyone was. She really misses going and looks forward to going again when it reopens"
- "... Really helps with my wellbeing"
- "... my mother is counting the days until she can attend the centre again"
- "...I feel very lonely and caring for my husband is very difficult. I have not been out at all and feel unhappy, worried all the time and exhausted"
- "...the day centre is a lifeline to looking after my mental health. We get exercises, education to look after ourselves, healthy meals and social interaction we would not get otherwise. Without the transport service I couldn't get there on my own"
- "...it is noticeable that coming to the day centre energised them, away from depression and made them more active through meeting others and social interaction"

Our Services

A) Day Centre: our primary offer is a culturally sensitive, high need, day care centre for the Asian elderly.

We have a mix of clients challenged with Dementia, Stroke and other complex and mobility needs.

This service provides clients with health based activities tailored for disability and ageing e.g. chair based yoga, Tai Chi, health talks and workshops from professionals, therapies (Indian head massage, reflexology), hot vegetarian lunches and various leisure activities like flower arranging, knitting, outings. We manage their transport needs.

Statistics for five of the key questions of our survey:

Attending the day centre prevents me from feeling lonely and isolated:

68% Strongly agree, 32% Agree

The day centre exercises & therapies keep me healthy and feeling well:

68% Strongly Agree, 26% Agree, 6% neither agree or disagree

At the day centre I am able to socialise, talk to friends and enjoy each other's company:

68% Strongly agree, 29% agree, 3% neither agree or disagree

The day centre prevents/stops me from being stressed, anxious and unhappy:

61% strongly agree, 23% agree, 13% neither agree or disagree, 3% disagree.

I sleep better and more relaxed after attending the day centre: 45% strongly agree, 35% agree, 17% neither agree or disagree, 3% disagree.



Feedback from a family member is very relevant to the impact our service has on her parent: "The EAWA service is vital in providing companionship and support for vulnerable people and their families/carers who are often bereft of a break, both physically and mentally.

EAWA is the glue that enables social cohesion, and also enables vulnerable people to be periodically checked up on. This can detect early signs of physical and mental problems, thereby preventing a more serious and costly breakdown for both families and health services later down the line.

Without EAWA, I sense that more elderly people will have to go into care homes, which is a nightmare during the Covid era and beyond, when spaces are already at a premium.

Needless to say, the cost for both the individual and the state would be enormous and a preventative, sustainable day centre provision is far better both from a moral, human and financial cost basis"

B) Membership Club for over 50's: for independent and mobile people from the wider community.

- Once a week participation in a more rigorous chair based yoga
- Range of taster workshops e.g. Tai Chi, complementary therapies
- Talks from various speakers
- Socials, restaurant meals and opportunity for local people to meet each other
- This club is being revamped following the Covid pandemic closure

C) Social Hub Project: Finding isolated 50 plus and elderly people from the wider community and offering two models:

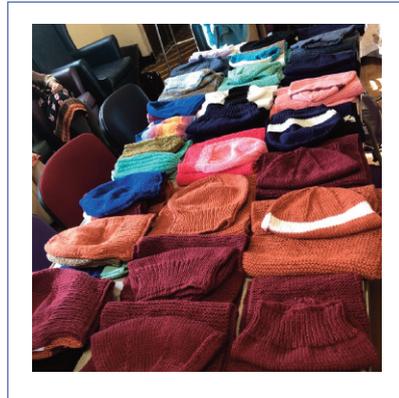
- **Online model** – initially developed to overcome the challenge of Covid, but now aim is to extend this service to the housebound.

- Activities like cooking demos, mental challenges, exercise and dance, develop new skills and understanding of different cultures
- Benefits of meeting different people, taking part in discussions, routine exercising, learning new things
- Impact of reducing isolation, increasing confidence and independence, improving health and well being.
- **Town Centre model** – bringing together these isolated people in the community into town centre locations to meet up and socialise.
- Offering activities like yoga, health wellness, art workshops, regular exercises
- Organised day trips and outings
- Meeting up for coffee and light lunch, shopping
- Socialising, making new friendships, increased confidence and independence.

D) Project work: EAWA undertakes community projects intended to benefit the wider community. Historically within Enfield it has undertaken:

- Hospital Intervention project for carers of older people involving 2 hospitals and Social Services
- Falls prevention with Age UK
- Winter parcels project for those in need
- Monthly complementary therapy service
- Memorable melodies singing group for people with dementia, carers and to people of all ages interested in Asian singing
- Weekly Tai Chi session with the Shane project





New premises required as current one is due for demolishing in 2023! **Urgent Appeal**

Need to locate office and day centre in a single location

Will enable not only to maintain existing services but develop new ones to meet the community needs. If you can help us or know of anyone we can discuss this with please, please contact us on the contact details below.

EAWA is ISO9001 accredited and has been for over a decade. This international quality standard has been attained in recognition of the sound processes and procedures that underpin our ways of working. We believe that our older people deserve to be supported by a quality organisation

EAWA has a dedicated and qualified team that is fully committed to the welfare and well being of its clients.



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