

## Talking Tables Project – Background Information

LinkAge Network is a charity which has been active in Bristol since 2007. The organisation works with people aged 55+ to create lasting solutions to reduce social isolation, improve health and wellbeing and strengthen communities. LinkAge Network achieves this mission by delivering projects, supporting the sector and running a community network for people interested in community provision for our target audience.

In 2018, LinkAge Network will be launching a new project, Talking Tables, funded by Bristol Ageing Better. The project uses group work and peer support, through the medium of cooking, to reduce social isolation. We are delighted to be working in partnership with three of the local city farms to deliver the cookery; Lawrence Weston Community Farm, St Werburghs City Farm, and Windmill Hill City Farm. The project is funded until March 2020, by which time, we plan to have run 16 cookery series.

LinkAge Network is recruiting a Project Co-ordinator (PC) to co-ordinate the project. The PC will be generating and managing referrals, liaising with the farms and co-ordinating learning from the project. We are looking for someone who is compassionate and supportive to our participants but who is also organised to run a database and keep track of monitoring.

For more details about LinkAge Network, please see our website [www.linkagenetwork.org.uk](http://www.linkagenetwork.org.uk).

