

Tackling Social Isolation through Community Celebration

Case Study: Langstone Community Council 2025 Christmas Lunch

Addressing Social Isolation and Fostering Community Connection

In December 2025, Langstone Community Council (LCC) launched a targeted initiative to combat social isolation among older residents through a festive community lunch. The event was designed to provide a warm, welcoming space during the winter season, encouraging social interaction, emotional wellbeing, and civic inclusion for individuals aged 70 and over within the Langstone ward.

Strategic Objectives

- **Reduce social isolation** among older residents, particularly those living alone
- **Provide a warm, inclusive space** during the colder months
- **Promote community engagement** and intergenerational connection
- **Support wellbeing** through shared experiences and festive celebration

Event Details

- **Date:** Wednesday, 10th December 2025
- **Time:** 12:00–3:00 PM
- **Venue:** The Old Barn, Magor Road, Llanmartin
- **Target Group:** Residents aged 70+, with flexibility to include those 65+ and their carers or partners

Implementation Highlights

- **Inclusive Outreach:** LCC invited expressions of interest via its website and direct contact, with particular emphasis on those living alone or at risk of isolation.
- **Accessible Support:** Staff offered assistance with form completion and event queries via phone and email, ensuring no one was excluded due to digital or literacy barriers.
- **Warm Space Provision:** The venue offered a physically warm and emotionally supportive environment, aligning with broader Welsh Government goals around winter wellbeing.
- **Community-Led Spirit:** The event was shaped by local input and delivered with a focus on dignity, celebration, and connection.

Outcomes and Impact

- **Enhanced Social Connectivity:** Attendees reported feeling more connected to their community, with many expressing appreciation for the opportunity to share a meal and conversation.
- **Positive Mental Wellbeing:** The festive setting and inclusive atmosphere contributed to improved mood and reduced feelings of loneliness.
- **Strengthened Civic Identity:** The initiative reinforced the role of LCC as a proactive, caring local authority committed to resident wellbeing.
- **Model for Engagement:** The event serves as a replicable model for other councils seeking to address isolation through seasonal programming.

Lessons Learned

- **Flexibility is key:** Extending eligibility to include carers and younger older adults (65+) increased reach and impact.
- **Personal contact matters:** Offering direct support with forms and queries helped overcome barriers to participation.
- **Small-scale events can have large-scale effects:** Even limited-capacity initiatives can yield significant social value when strategically targeted.

Alignment with Best Practice

This initiative aligns with the goals of the Well-being of Future Generations (Wales) Act 2015 by promoting:

- **Prosperous Wales:** Supporting mental health and social inclusion
- **Healthier Wales:** Reducing isolation and fostering emotional wellbeing
- **Cohesive Communities:** Strengthening local ties and civic pride