SUNRISE
MULTICULTURAL PROJECT
Lighting Up Lives

FIRST-YEAR IMPACT REPORT

More than a breakfast. A place to belong.

Over 50s Breakfast & Social Drop-In
December 2025 – November 2026

74	303	12
REGISTERED MEMBERS	RECORDED ATTENDANCES	MONTHLY SESSIONS

Purpose: Internal reporting and website impact showcase

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> "These mornings give me something to look forward to every month."
>
> Participant feedback • June 2026

Continued support: Sunrise is grateful that Cherwell District Council continues to fund this vital provision, enabling older residents to access regular companionship, nutritious food, activities and trusted support.

01 Executive summary

Since launching on 17 December 2025, Sunrise Multicultural Project's monthly Over 50s Breakfast & Social Drop-In has provided a free, welcoming place for older people in Banbury to enjoy nutritious food, build friendships and connect with practical and preventative support. The programme is held on the third Tuesday of each month at Britannia Road Children's Centre in Banbury Cross and Neithrop ward.

Across its first 12 sessions, the group recorded 303 attendances and grew to 74 registered members. It has brought together residents from different backgrounds, provided opportunities for creativity and mental stimulation, and welcomed organisations including Age UK, Oxford Health, Buck Healthcare and the Alzheimer's Society.

Why it matters in Banbury and across Oxfordshire

Oxfordshire Community Foundation's Oxfordshire Uncovered (October 2026) describes stark inequalities behind the county's prosperity, identifying unaffordable essentials, poor physical and mental health, isolation and barriers to participation as connected challenges. Its findings underline the importance of trusted, community-led responses [1].

Local evidence is equally compelling: an Oxfordshire community profile reported 12.7% of older residents claiming Pension Credit in Banbury Grimsbury and Hightown in August 2022, compared with 6.3% across Oxfordshire [2]. These are historical indicators, not current estimates, but they highlight local economic disadvantage among older people.

41	25	28
HIGHEST MONTHLY ATTENDANCE	AVERAGE PER SESSION	HEALTH INTERVENTIONS

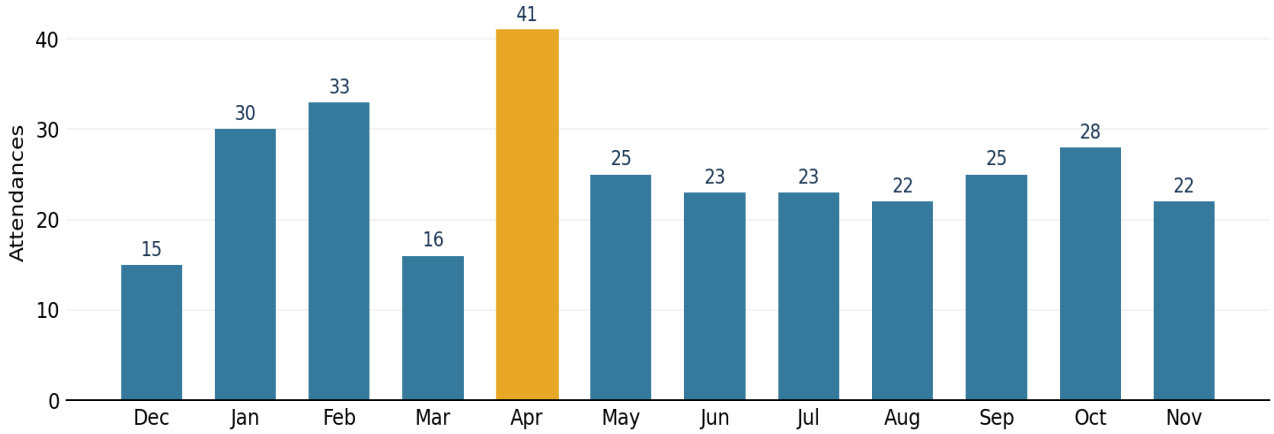
A practical, preventative model

The group combines food and friendship with healthcare, information, crafts and games. Across February and October, visiting healthcare professionals delivered 14 vaccinations and 14 blood-pressure checks. Informal conversations with partner organisations improved attendees' access to information about dementia, scams, carers' services, benefits and local opportunities.

Cherwell District Council's ongoing funding helps protect this trusted provision and supports continuity: familiar faces, a consistent monthly routine and an opportunity for older residents to have something positive to look forward to.

02 Reach and engagement

Attendance remained consistently strong through the first year. Ten of the 12 sessions welcomed more than 20 participants; the highest attendance was 41 in April 2026. The annual total below uses the verified monthly attendance spreadsheet.



Data source: Attendance figures are taken from Sunrise's verified monthly spreadsheet. The 12 sessions recorded 303 attendances, including 23 in June 2026. The separate Men's Drop-In records are excluded from these figures.

What people actually experience

Connection and belonging
Shared breakfasts, informal conversation, board games and returning members help people feel welcomed, recognised and part of a community.

Accessible advice
Visiting professionals offer questions, signposting and preventative support in a familiar setting rather than requiring separate appointments.

Enjoyment and confidence
Quilling, card-making, bracelets, crafts and games encourage new skills, creativity, concentration and peer support.

Reduced barriers
A free vegetarian breakfast and refreshments remove cost barriers and provide a dignified way for people to come together.

03 What changed for participants

Something to look forward to

The social value of the group extends beyond each 90-minute session. Familiar faces, a reliable monthly routine and a warm welcome help create anticipation and continuity. The strongest evidence is the language participants themselves use to describe why they return.

> “The breakfast is always delicious, but it’s the company that keeps me coming back.”
>
> Participant feedback • June 2026

> “I enjoy coming because everyone is friendly and welcoming. It gets me out of the house and gives me something to look forward to.”
>
> Participant feedback • July 2026

Friendship across cultures

> “It was my first time coming to the Over 50s Drop-In. I had a great time mixing with so many different people from different cultures and experiencing such a strong sense of community.”
>
> O • First-time attendee • February 2026

February monitoring noted new interaction between people who had not previously met. July’s well-attended session similarly recorded easy conversation across breakfast tables, board games and card-making activities.

Help that feels approachable

> “It was lovely to talk openly about memory without feeling embarrassed.”
>
> Participant feedback • June 2026

> “It was helpful having Age UK and the other organisations here. Sometimes you do not know what support is available until somebody explains it to you.”
>
> Participant feedback • July 2026

These comments illustrate why bringing specialist organisations into a trusted group matters. Professional information becomes part of a familiar social gathering; attendees can raise concerns informally and learn where to find help.

04 A year of purposeful activity

DATE	N	HIGHLIGHTS
17 Dec 2025	15	Launch, breakfast and welcome
20 Jan 2026	30	Age UK scam awareness
17 Feb 2026	33	5 flu jabs; 10 BP checks; crafts and care partners
17 Mar 2026	16	Oxford Health, Age UK, Alzheimer’s and care representatives
21 Apr 2026	41	Disability, benefits and travel advice; scam awareness
19 May 2026	25	Creative activities, games and social breakfast
16 Jun 2026	23	Brain health, Age UK advice and bracelet-making
21 Jul 2026	23	Quilling cards, Oxford Health, Age UK and Cherwell DC
18 Aug 2026	22	Social breakfast and informal activities
15 Sep 2026	25	Age UK; additional food assistance
20 Oct 2026	28	9 vaccinations; 4 BP checks; carers’ advice
17 Nov 2026	22	Festive crafts; Age UK filming and information

Attendance figures are from the verified monthly spreadsheet. The 74 registered members are individual registrations; 303 represents attendance across 12 sessions, including repeat visits. Session Jotforms provide qualitative activities and feedback.

Dedicated staff and volunteers

The group is supported each month by dedicated volunteers and Sunrise staff members. Together, they help prepare and serve breakfast, provide kitchen support, welcome attendees, maintain registers, facilitate games and creative activities, offer companionship and informal support, and assist with setting up, tidying and clearing away. Their commitment helps create a warm, inclusive and well-organised environment for everyone attending.

05 Case study and the human impact

Making new connections in a familiar space

Case example: a first-time attendee, February 2026. The February Jotform recorded the experience of “O”, who joined the group for the first time alongside 32 other attendees. The session combined a hot vegetarian breakfast, board games, crafts, partner information and preventative health checks.

> “I had a great time mixing with so many different people from different cultures and experiencing such a strong sense of community.”
>
> O • First-time attendee • February 2026, shortened excerpt

This is a modest but meaningful outcome: a new participant described enjoying intercultural connection and feeling part of a community. The record does not establish whether O later returned or experienced a sustained reduction in loneliness, so those longer-term outcomes are not claimed.

Recognition from the wider community

> “It’s a fantastic community resource. It’s lovely to see people from different backgrounds, ethnicities and ages coming together for a meal, conversation, games and a real sense of belonging.”
>
> Sir Tony Baldry, High Steward of Banbury • February 2026, excerpt

A valuable partnership model

In February, Buck Healthcare provided five flu vaccinations, ten blood-pressure checks and individual advice, alongside visits from Age UK and Glebefields. In June, Perri Termine from the Alzheimer’s Society discussed memory and brain health, Luisa Scioratto from Age UK offered individual guidance and Ellen ran a bracelet-making workshop. July welcomed Age UK, Cherwell District Council and Oxford Health, alongside quilling and board games.

This blend of companionship and practical help is the distinctive value of the group: attendees do not have to choose between having a social morning and finding support. Both can happen naturally in one accessible place.

What ongoing funding makes possible

Sunrise is grateful for Cherwell District Council’s continued financial support to sustain this vital provision. Consistent funding enables the group to maintain its monthly rhythm, provide free food and activities, engage volunteers and invite specialist partners. It also creates the stability needed for trust, friendships and community relationships to develop over time.

06 Looking forward

The first year demonstrates the need for a welcoming, culturally inclusive social space for older people in Banbury. Continuing the group will preserve a consistent source of companionship while providing opportunities to widen access to health and community support.

Priorities for year two

• Maintain the free monthly breakfast and accessible, trusted venue.

• Reach older residents experiencing isolation, disability, financial hardship or language barriers.

• Invite more partners on hearing health, falls prevention, gentle exercise, nutrition and digital inclusion.

• Introduce more varied creative activities while preserving unstructured time for conversation.

• Strengthen referral and signposting pathways and recruit additional volunteers.

• Gather short, consented participant stories and introduce simple before-and-after wellbeing questions to evaluate sustained change.

Reporting with integrity

Attendance figures come from Sunrise's verified spreadsheet; activities come from Jotforms and attributable participant/visitor quotations. Reported indicators include "feeling less isolated", "making new friends" and "accessed support". They indicate session-level engagement, not a statistically measured change in loneliness or clinical outcomes. Future evaluation will aim to measure change more directly.

Conclusion

The Over 50s Breakfast & Social Drop-In is more than a meal: it is a place where people can be greeted by name, try something new, ask for support and look forward to spending time together. With 74 registered members and 303 recorded attendances in its first year, it has become a valuable part of Banbury's community infrastructure.

Continued investment by Cherwell District Council helps ensure older residents are not left to face isolation and practical challenges alone. It protects a small, consistent and highly personal service that strengthens community belonging.

Sources and methodology

[1] Oxfordshire Community Foundation, Oxfordshire Uncovered, third edition, October 2026. https://oxfordshire.org/giving/oxfordshire-uncovered/ and launch release, 22 October 2026.

[2] Oxfordshire County Council, Banbury Grimsbury and Hightown Community Profile, published January 2025; Pension Credit comparison uses August 2022 data. https://data.oxfordshire.gov.uk/wp-content/uploads/2025/01/BanburyGrimsburyandHightown_CommunityProfile_Data_v2.pdf

[3] Sunrise Multicultural Project, verified monthly attendance spreadsheet and session Jotforms, December 2025–November 2026; beneficiary quotations from February, June and July records.

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07 Watch our impact in action

This report was prepared for Sunrise Multicultural Project·s internal monitoring and learning, and to showcase the first-year impact of the Over 50s Breakfast & Social Drop-In on our website. It may also be shared with existing and prospective funders and community partners.

Hear directly from our beneficiaries

Explore the reels below to see the group, its activities and personal reflections from those who attend.

12th session | 17 November 2026

See our first-year milestone and the people who make the group special.

WATCH ON INSTAGRAM >

16 June 2026

A look at the June Drop-In, including community connection and activities.

WATCH ON INSTAGRAM >

Reel dated 23 April 2026

See the spring programme in action. The recorded April session was held on 21 April.

WATCH ON INSTAGRAM >

Reel dated 18 March 2026

Hear and see experiences from the group. The recorded March session was held on 17 March.

WATCH ON INSTAGRAM >

These videos complement the session records and allow visitors to experience the atmosphere and hear participant perspectives. Reel dates are supplied by Sunrise and may differ from the dates of the corresponding monthly sessions.

08 OUR COMMUNITY IN PICTURES

The people, food and shared moments behind our first year of community connection.



PREPARING A WARM WELCOME

Fresh food and volunteer support are central to the welcoming atmosphere.



SHARING A MEAL

A shared breakfast creates space for conversation, companionship and connection. These everyday moments are an important part of the group's value to older residents.

> *"The breakfast is always delicious, but it's the company that keeps me coming back."*