

## NORTH AREA COMMITTEE CALL FOR PROJECTS

### Applications for Social Isolation Projects

Project Name	Organisation	Funding Requested	
<b>Project 1 – Wellbeing Together</b>	CEED	£4,470	
<p>The project will promote wellbeing and combat social isolation through a programme of events delivered by two organisations primarily aimed at local people from across Seaburn, Roker, Fulwell and Southwick but will be open across the North. A range of wellbeing sessions will be delivered by HOPS Wellbeing Service and Horticulture sessions such as grow your own vegetables will be delivered by CEED. The sessions will be split between outdoor areas including use of the Roker Pods and Roker Park depending on the sessions and the needs and abilities of individuals. The combined programme will give people the chance to be active, enjoy the outdoors and socialise etc.</p> <p>The delivery of the project will allow pooled expertise resulting in better opportunities for local people and a larger number of activities offered. All activities will be offered free of charge over a three month period.</p> <p>Advertising will be done through existing contacts, North VCS Network, Health Champions Networks. Along with this they will visit places such as supermarkets, libraries, post offices and GP surgery's to promote the sessions to the target audience.</p> <p>Both Organisations have been delivering community projects for a number of years and have a bank of experienced volunteers and staff.</p> <p>The project meets the priority of services and activities which address social isolation by providing a varied programme of both well being activities here the delivery will be tailored to individual needs and hold coffee and chat afternoons.</p> <p><b>Recommendation:</b></p> <p><b>Approve – subject to the following conditions:</b></p> <ul style="list-style-type: none"> <li>• <b>Establish links with Gentoo</b></li> <li>• <b>Ensures delivery across all North wards</b></li> <li>• <b>Promote the project is funded via North SIB</b></li> <li>• <b>Attend future board meeting to feedback on project</b></li> </ul>			
Project Name	Organisation	Funding Requested	
<b>Project 2 – Active Green Living</b>	Groundwork NE & Cumbria	£4,500	
<p>The project will support older people from across the North at risk of social isolation by introducing them to 'Green activity'. The aim of the programme is to encourage positive wellbeing, social interaction and improved health through outdoor activity including walking, gardening, gentle exercise, reminiscing and encouraging healthy eating on a budget. The outdoor activities will also help older people achieve their recommended level of physical activity and help older men who find there are limited activities to suit their needs.</p> <p>The coast, local allotments and green spaces will be used to deliver the project. Where appropriate the Older Peoples project will link into the current Young People's programme to</p>			

promote intergenerational work.

The programme will run over the summer and continue over the autumn and winter when older people become increasingly isolated due to bad weather and fear of going out alone and in addition will work over the Christmas period which can be lonely for many.

The project meets the priority of services and activities which address social isolation by providing a varied programme of both well being activities and delivering them across proven times such as the winter and Christmas where social isolation increases.

**Recommendation:**

**Approve subject to following conditions:**

- **Ensure links to existing provision such as the walking network**
- **Encourage use of green spaces such as Thompson Park**
- **Promote the project is funded via North SIB**
- **Attend future board meeting to feedback on project**

<b>Project Name</b>	<b>Organisation</b>	<b>Funding Requested</b>	
<b>Project 3 – Promoting Friendships in North Sunderland</b>	Age UK Sunderland	£2,050	

This project would be delivered in three different activities. The first part would be the circulation of an older people's newsletter across the North where various partners, GP practices and the VCS network would provide the information to be included to increase awareness of older peoples support. The same service has been successfully delivered in Washington area.

The second activity would be a 'Friendship Event' which would be an afternoon tea and befriending service for older people from across the North.

The third activity would be a 'Bring a friend volunteer' which would be designed for volunteers who live or work in the North with the objective of encouraging new volunteers to the project. A similar event has taken place in the Washington area and has led to new volunteer event in this area.

The project will work with current partners in the three planned activities from partners providing information for the newsletter to partners supporting older people at the events and would run for four months year from July 2014 to October 2014.

The project meets the priority of services and activities which address social isolation by increasing awareness of older peoples support and services through a newsletter and events.

Organisation has vast experience of delivering activities and support to older people across the City.

**Recommendation:**

**Approve subject to following conditions:**

- **Ensure newsletter is provided for elected members, newsletter includes details of the other funded projects and information provided on how this newsletter**

- **provides wider value to what is already produced**
- **Details on how will identify socially isolated people not currently engaged in the Age UK Befriending Project**
- **Promote the project is funded via North SIB**
- **Attend future board meeting to feedback on project**

Project Name	Organisation	Funding Requested	
<b>Project 4 - United We Stand</b>	Salvation Army (Southwick)	£4,000	

The project will work in partnership with various other partners within the Southwick Ward to identify and engage with individuals who are at risk of social isolation and once identified would be invited along to different activities at Austin House. Along with the existing activities service users would be invited along to two additional sessions on a Tuesday and Thursday where they will be offered a 2 course meal and transport if needed, at a cost of £3.60. The additional programme of activities would be at the request of service users and be flexible. The project would work in conjunction with partners within the Southwick ward which include Gentoo, NHS, Local school and the police etc and would run for just over one year from June 2014 to March 2015.

The project meets the priority of services and activities which address social isolation by using existing provision to identify and engage with individuals and then offer additional sessions where service users can interact with others over a meal and different activities. Organisation is based within Southwick Ward where project will be delivered and has vast experience in provision of various services.

**Recommendation:**

**Approve subject to following conditions:**

- **Details required on how partners will refer socially isolated clients into the project**
- **Details on beneficiaries from all wards in North**
- **Breakdown of costs to be provided**
- **Promote the project is funded via North SIB**
- **Attend future board meeting to feedback on project**

Project Name	Organisation	Funding Requested	
<b>Project 5 – SocialActivity Health Mentor</b>	B`Active`N` B`Fit CIC	£3,000	

The project through an holistic activity package of specialist equipment, music and therapeutic exercise programme will address loneliness and build confidence of older people to give them a better sense of wellbeing. The course will run over 15 weeks in the comfort of their own home or in a community setting and work with closely with carers of those with long term conditions such as dementia etc.

The project will work alongside local organisations to deliver the project which will run over 15 weeks.

No breakdown of costs provided, no details provided on community venues in the North where project will be delivered, no details on how people will be identified to engage with the project, unclear as to how many people will benefit from the project

**Recommendation:**

**Reject as application has failed to meet the brief**