

## Support for Older People, Vulnerable Adults and Carers - Project Summaries

<p><b>1.Space 4 Care, Houghton le Spring PCC</b></p> <p>To extend the existing Space 4 CARE support group for vulnerable adults with poor mental health from 12 to 24 places. The project will tackle feelings of loneliness and social isolation within a safe and caring environment on a Saturday in the Coalfields Area. The group meets on a Saturday afternoon when most other statutory and voluntary provision is closed. The group is led by a team of volunteers who encourage peer support, improved social inclusion and group working. Art, games and conversation are core activities. Our partner agencies have highlighted of a number of vulnerable adults who would benefit from CARE.</p> <p><b>Recommendation from People Board</b> <b>Approve</b></p>	<p><b>(Feb 2014 – Feb 2016)</b></p>	<p><b>£2,170</b></p>
<p><b>2. Writing for Health, Sunderland Carers Centre</b></p> <p>This will be a structured ten week programme of Health and Well-Being sessions for Older People, Vulnerable People and Carers. The 'Writing for Health' project will be engaging the same people over the ten weeks.</p> <ul style="list-style-type: none"> <li>➤ The location will be within the new Age Uk offices in Hetton Le Hole.</li> <li>➤ The aim is to attract up to 15 participants for the project.</li> <li>➤ Pen and Tonic will be delivering the sessions and their work consists of working with individuals, groups, professionals etc around the health benefits of creative and expressive writing.</li> </ul> <p><b>The People Board supported the project but alternative funding from the NHS S256 for Carers budget has been identified and therefore the project does not need to be funded from Area Budget.</b></p>	<p><b>(June 2014 – September 2014)</b></p>	<p><b>£2,850</b></p>
<p><b>3.Hope Social, HOPE</b></p> <p>Our aim is to improve and deliver social activities which are caring, creative and fun for elderly people in the Coalfield community of Houghton-le-Spring and surrounding areas, by working in partnership with statutory and voluntary organisations in common effect to improve educational, health and social leisure opportunities. The funding will pay for speakers and transport for social outings for the weekly club. If members become unable to attend the club, they are still able to benefit from visits from other members and take part in activities e.g. knitting for charity, collection for foodbank.</p> <p><b>Recommendation from People Board</b> <b>Approve</b></p>	<p><b>(Feb 2014 – January 2015)</b></p>	<p><b>£1,500</b></p>
<p><b>4. Social Activity Health Mentor, B Active N B Fit</b></p> <p>The project will create an holistic activity package to address loneliness and build up confidence and self-esteem amongst the most vulnerable and older people and give a greater sense of wellbeing. To achieve this we will use specialist equipment, music, and therapeutic Sit N B Fit exercise programmes. The project will work in partnership with Cherry Tree Gardens dementia group and Two Castles with regard to centre based work and with Gentoo Living with regard to socially isolated individuals.</p> <p><b>Recommendation from People Board</b> <b>Approve</b></p>	<p><b>(January 2014 – September 2014)</b></p>	<p><b>£3,000</b></p>
<p><b>5. Luncheon Club, ShARP</b></p> <p>ShARP would like to establish a luncheon club within the resource centre. The community cafe 'Shiney Diner' already caters for a number of older people who are regular customers in the cafe. However, given the size of the cafe we are unable to accommodate a full luncheon club in the current cafe space without closing the doors to other members of the community. ShARP wishes to turn the current crèche</p>	<p><b>(April 2014 – August 2014)</b></p>	<p><b>£2,600</b></p>

area into a 'multi-use' space that will allow us to host regular luncheon clubs and other activities for older people, vulnerable adults and carers. This funding will provide tables and equipment for 24 people at each activity or luncheon club. The project will also work in partnership with Shiney Row CA. Since the closure of their lunch club in 2012 there has been an identified need in the area. The project will be sustainable with funding for staff from Lloyds TSB.

**Recommendation from People Board**

**Approve**

**6.iPad Engage, Age UK Sunderland (February 2014 – July 2014) £3,000**

The project Age UK Sunderland is proposing is an innovative 'iPad Engage' events with and for older people in the Coalfields area who are socially isolated. This will be achieved by providing practical help older people in using iPads for activities. Letting people know they are simple to use and able to access an unlimited amount of content which is useful for a variety of activities such as art, pottery, music making, family tree, reminiscence activities, etc The outputs will be: 24 older people engaged and 3 six week courses being held of 2 hours each session.

**Recommendation from People Board**

**Approve**

**Additional recommendations for all projects approved**

- All successful projects to attend a joint induction meeting (with the Area Community Officer and Area and Scrutiny Support Officer)
- A check is made that organisations have relevant skills and qualifications to deliver the projects