

SIB/Coalfield Area Committee-CCG Project Summaries & Updates November 2015

Social Isolation Call for Projects

Social Activity Navigator – B Active & B Fit**£20,000****Project Summary**

The project 'Social Activity Navigator' aims to reduce social isolation and increase social integration. This will be done by delivering tailored therapeutic activities, exercise packages which will include Sit N B Fit, therapeutic interventions such as laughter yoga, Reiki, energy cleansing and relaxation - using an holistic approach to the individual's needs, in their own home and in the community. The project will also communicate with individuals by telephone on a 1 to 1 basis. This will benefit those with long term conditions to improve their independence and wellbeing, and in the longer term access groups that are active in their community.

The project will specialise in those who have long term conditions such as stroke, CVD, pulmonary and COPD and those who are isolated suffering from low mood and depression adding to their already long term condition. The organisation has a good working relationship with pulmonary nurses in Houghton which will give better access to those who may need this program.

Tracking the improvement of each person's well-being, the project will impact not only directly on mental and physical health, but also indirectly through increased social contacts, improved access to services and ultimately improved social networks within communities.

Project Update November 2015

Over 105 isolated older people were contacted through Hetton home care of which 30 to date have been engaged. After 9 weeks of delivery below are the targets and actuals so far:

Outputs attained July-September 2015	Output Target	Output Actual
Number of People contacted	50	131
Number of people supported on a one to one basis by telephone	20	30
Number of people supported on a one to one basis in person	30	23
Number of people supported to access other services	9	5
Number of people feeling less lonely or isolated	24	30

The social activity navigator is working closely with the individuals, putting smart plans together and signposting to classes that available in the coalfields area. Regular telephone contact is on-going with all who have been contacted

New sessions to start in Gillwood Court and two isolated 1-1s who have long term conditions.

Sessions have been delivered for a Dementia group at Hetton and Eppleton with another two requesting a 1-1 for those who cannot make the session because of being socially isolated.

Meetings have been arranged with Grangewood Medical to promote Social Activity Navigator service ready for November delivery with GP practices.

Transforming Lives – Hetton New Dawn**Project Summary**

Aim of the project is to build on current provision which provides activities and a befriending service for adults with around 110 people a week accessing services. Transforming Lives aims to empower and support socially isolated, visually impaired and people with mental health issues by providing opportunities to improve their quality of life. This will be achieved by offering afternoon tea sessions which will provide opportunities for socially isolated people to develop new relationships and take

part in social and therapeutic activities. This will build on a pilot Valentine Afternoon Tea Season which attracted 45 people back in February

They will target people throughout the Coalfield Area and will work in partnership with Gentoo, the Apostolic Church, Easington Lane and ELCAPs Community Transport Scheme to reach more older & vulnerable people. The aim is to engage new people into this activity and will aim to establish links through Practice Managers, Adult Services and Age UK Essence Service.

Project Update November 2015

The project was launched in September and two sessions have taken place so far. The first session was attended by 25 people and 8 volunteers. The group are continuing to have discussions with medical centres, schools and lunch club participants to increase numbers. Referrals are also coming in from Age UK.

The October session did attract a further 9 people 4 of these new clients have dementia and live alone and don't have the opportunity to get out much. With the help of volunteers they took part in the quiz and enjoyed the interaction.

The group also have the use of a Leaf electric car from Gentoo which is proving invaluable to transport people to and from the venue

Golden Years – Friends of Cherry Tree Gardens

Project Summary

Aim of project is to provide a series of 7 monthly events for older people both in the independent living scheme and in the surrounding community. The events will include food and entertainment and will be aimed at those people who have little or no opportunities for socialising and who spend long periods alone.

Information will also be provided on support services available throughout the Coalfields Area. They will work in partnership with Sunderland Action on Dementia and have strong links with Bernard Gilpin Primary School who run a Dementia Project the Living Room

Project Update November 2015

The events began in July with a Wimbledon themed event. The residents dressed up in tennis outfits while watching the matches and eating strawberries and cream. The volunteers are very creative and make the events fun linking to such local events as Houghton Feast. The residents are unable to get out to experience the Feast so they bring the Feast to them. Hot beef sandwiches and fireworks!

The events are advertised locally and they are attracting many more people from outside of Cherry Tree Gardens. They have links with the Living Room at Bernard Gilpin School and a few of the people who attend there have started to come along to the events at Cherry Tree.

They have also took advantage of the tours of Elba Park offered by Groundworks

Pudding Lane – Fencehouses YMCA

Project Summary

Aim of the project is to provide a meeting place for older residents where they can 'talk share and eat' once a week. The participants will be asked to bring a recipe which is significant to them. They will share their memories which will be captured and shared as part of a heritage project.

A chef will work alongside 2 trainees to replicate the recipes providing a meal for the participants. Transport will be provided for those with mobility issues and a web page will capture the heritage aspect of the project.

During the sessions members of staff will be on hand to provide information on what support is available in the area.

Project Update November 2015

The project commenced in August 2015 and leaflets have been produced and sent out to GP surgeries. The group have made contact with all other Social Isolation Projects in order to maximise networking opportunities. This has resulted in a decision to deliver the service across the Coalfield Area using a variety of venues.

To date 3 sessions have been delivered attracting 30 socially isolated individuals. Additional sessions are planned for local care Homes.

Speakers, Entertainment & Trips – HOPE

Project Summary

Aim of the project is to build on the work already underway with over 75 men & women over the age of 70 who attend regular events and activities. The aim is to continue to provide weekly sessions of entertainment, thought provoking speakers and occasional trips away.

The group has been operating for over 10 years and has a team of 12 volunteers.

Project Update November 2015

The group was awarded £1,000 for events and activities. Since July they have had 13 events with the final one being a Christmas party in December. Below is a flavour of the sessions:

'We took 62 H.O.P.E. members to Millstones near Skipton on the 9th July. They had a lovely meal and entertainment. The weather was quite nice so they enjoyed the journey very much. Most of our members live alone so this is a real treat for them.'

'On the 30th July Ray Banks and his grand-daughter entertained us. They both had wonderful voices. Absolutely no one fell asleep and they were all full of smiles. This made my day and most of them asked if we could have them back. There were 61 members present and 10 volunteers.'

'22nd October Caley Cares, vintage singer, absolutely wonderful afternoon. We knew every word she sang. Enjoyed by 55 members and 9 volunteers.'

'19th November Bernard Hope, talking and illustrating the life of double agent Eddie Chapman, born in the North East. This was very interesting and thoroughly enjoyed by 49 members and 10 volunteers.'

Space4 Blokes – Space4

Project Summary

Aim of the project is to develop a new provision called Space 4 Blokes as a support group for older men (+55 years) creating up to 20 places, that will address feelings of loneliness and social isolation within a safe, informal and caring environment on Thursdays in the Coalfields Area.

Project Update November 2015

The project commenced in July as planned and there have now been 15 sessions. The group has seen a gradual growth in numbers since the launch and now have 15 men regularly attending. Members report that attending reduces their feelings of isolation and through a photography project they have learnt new skills.

Members have reported enjoying bringing their own old photos in to aid discussion and are putting together an exhibition of the photographs that they have been taking out and about. As part of the photographic project they joined another Space4 group CARE on an outing to Beamish in August and this has led to some of the members returning for further visits.

They have also linked with The Pudding Lane Project the group enjoyed a cookery session. Members reported that through attending Space4 Blokes they have felt more confident to attend other activities like the drop in at Space4 and the Community Clothes Bank in Penshaw.



Summer in the Park – Groundwork North East

Project Summary

Aim of the project is to engage older people and vulnerable adults by taking them to outside spaces in groups to explore the industrial, cultural and social heritage of Elba Park. The project will encourage people to become more familiar with their local green space which has been proven to improve mental health and wellbeing. The project will encourage participants to meet new people helping to reduce social isolation.

Project Update November 2015

The project began in the summer and has been extended until December. To date 8 tours have taken place for residents of care homes and sheltered accommodation. The aim was to target people who might be at risk of social isolation and provide new opportunities for these people to try something new and perhaps even make new friends.

The tours cover the mining heritage of the site and the art work that celebrates this heritage as well as the wildlife in the park. All have enjoyed the experience especially talking about the heritage of the park and old photos have brought back many happy memories for the elderly people.