

Loneliness and Social Isolation Call for Projects

Project Name	Organisation	Funding Requested	Total Score (Max 50 points)
Social Activity Navigator	B Active N B Fit	£5,000	46
<ul style="list-style-type: none"> • April 2019 to March 2020 • 1-2-1 sessions to those who are socially isolated, lonely and feeling low • Personal progress plans with each individual on strength, confidence, social activity, balance and coordination • Group sessions and activities in the community and local care homes, sheltered accommodations. • Working with 5 Extra care schemes and 5 care homes each having 10 weeks engaging with 100 older people with long term conditions, Dementia, Alzheimer's. • Engaging with 40 individuals in their own homes who are isolated and lonely that may be at risk of entering the care system • Telephone service in place to help those who don't want a home visit this will bridge gaps so all can be reached • The project will accept referrals from the Fire Service, and also refer those at risk to the fire service team • Identify carers and refer to Carers Centre to ensure they receive any support they are eligible to receive • Using activities such as memory quizzes, games and therapeutic sit n b fit to help with physical and mental wellbeing. Reminiscing, photos, music, laughter play a great part in helping to build confidence for those socially isolated • Long term goal for individuals to engage in community based activities • Transport available where necessary • Work in partnership with Gentoo, GPs, Adult services, Carers, Care homes and community groups <p>Recommendation APPROVE</p> <ul style="list-style-type: none"> • Unique element of project is engaging people in their own homes and progressing them into group or community activity • Telephone support provided • Targeting people at risk of entering the care system as well as those in care homes and extra care • Well connected in local community 			
Project Name	Organisation	Funding Requested	Total Score (Max 50 points)
Flowers in Homes	MBC Wellbeing CIC	£4,796	44
<ul style="list-style-type: none"> • April 2019 to September 2019 • A two-phase community inclusion scheme across the Coalfields • Phase one: <ul style="list-style-type: none"> ➤ Recruit a small group (8 – 12 people) from amongst local residents to volunteer as Community Ambassadors for our scheme ➤ We will work with this group of people to teach them basic professional floristry skills ➤ We will target individuals specifically who may feel lonely, want to be more involved in the community, and want to learn a new skill • Phase two: <ul style="list-style-type: none"> ➤ The newly-trained local volunteers will take professional quality bouquets of flowers into the 			

homes of lonely people to brighten their day, and their homes.

- Our volunteer group will continue to meet weekly throughout this period, creating the flower bouquets they will deliver.
- Once a week they will make their community flower deliveries, bringing a little human contact into the day of isolated people.
- Alongside the bouquet the volunteers will give each person who receives the flowers an easy to read, large print information sheet on a selected range of community activities and coffee groups that are available in that person's area
- Posters in local GP surgeries, sheltered accommodation schemes, supported living schemes, local churches, and local libraries targeting lonely and isolated people of all ages, specifically older people and carers
- We will contact local news and media to promote the scheme
- In addition we will run a target and paid for 'nominate a community member' social media campaign on Facebook.
- Those who see the ad will be asked to send a message to us nominating an isolated or lonely person in their community, or perhaps someone they are worried about who may benefit from accessing local services.
- We will provide our Community Ambassadors with initial training and on-going mentoring and support
- Once volunteers have had initial floristry and communications training they will meet independently each week to create their flowers, with attendance of a volunteer co-ordinator from our team to offer face to face support and on-going mentoring
- The volunteer group will continue to meet for two months after their training with us, allowing us a two month window to reach as many isolated people in the community as possible
- Success will be monitored through recording referral numbers and liaising with local service providers promoted in literature to establish new service users accessing local services as a result of this project.

Recommendation APPROVE

- Innovative project
- Good development of volunteers
- Wide reach across the Coalfield area

Comments/Notes

- Need to ensure stronger links with VCS Network members and partners

Project Name	Organisation	Funding Requested	Total Score (Max 50 points)
Day in the Dales	ELCAP	£5,000	41
<ul style="list-style-type: none"> • April 2019 to December 2019 • Working alongside VCS partners the project will run 8 trips through 2019 for the benefit of the VCS groups within the Coalfields Area • Trips will include transport to Barnard Castle then to the Jersey Farm Hotel for a 2-course lunch and entertainment, bingo and tea before returning home • Will engage smaller groups in the Coalfield area who may not usually be able to arrange trips due to smaller numbers • Trips will include at least 2 groups drawn from the Coalfields Area • By bringing different groups together there will be a focus on cross-group support and the wider services throughout the area (AGE UK, Gentoo and the Fire Brigade etc) • The trips will be a catalyst for the more isolated members of the Coalfields to gain the confidence to be able to undertake more activities and so reduce the social isolation they currently suffer 			

- It will be recommended to the groups that members invite their non-member friends along to ensure as many people as possible have opportunity for social interaction
- The project is expected to reach 320 people throughout 2019
- Will work with other VCS groups in the Coalfields offering them a trip or to share a trip
- Will work with Social Services and AGE UK to identify the socially isolated people within the Coalfields for whom a trip out for a day may be the first step for them in reducing their isolated lives and from there we will work with AGE UK and Gentoo in referring the individuals concerned to VCS groups and activities that are accessible to the individuals concerned.

Recommendation APPROVE

- Bringing different groups together, encouraging new friendships
- Supporting smaller community groups
- Will work with 320 people
- Promote other activities
- Refer to and from other organisations
- Well respected in the community

Project Name	Organisation	Funding Requested	Total Score (Max 50 points)
From Me To You	Sunderland Carers Centre	£2,772	41

- April 2019 to May 2020
- The From Me to You will be a regular focus group for young carers and vulnerable older adults who currently reside in a care home in the Shiney Row / Penshaw area of the Coalfield locality.
- The aim of the project is to provide opportunities for young carers to interact with the older generation using letters as the form of communication. Evidence suggests that up to 40,00 people living in care are at risk of social isolation and at least 8% of older people in care are either without kith or kin or have no contact with them
- The transition of moving into care can often leave the individual with a feeling of 'who I am?' which can lead to increasing social isolation
- The project will provide a platform for social interaction, learning and reminiscence which will enhance wellbeing and feeling of belonging
- The project will work with young people to help them understand isolation and the impact this can have on mental health and break the taboo around mental health
- It will provide an opportunity for intergenerational working which aims to bring people together in purposeful, mutually beneficial activities which promote greater understanding and respect between generations and contributes to building more cohesive communities, building on the positive resources that young and old have to offer each other and those around them.
- Sunderland carers centre will work with the manager of Grangewood Care Home to identify approximately 10 residents who have limited family contact who are at risk of social isolation
- Young carers from the Lady Queen of Peace primary school will then work with Sunderland carers centre staff and a representative from the school in 1 hour sessions to help plan and write letters, this will complement their educational learning, skill building and creative writing

- At least 2 events will take place over the year so the 2 generations can meet face to face and at the end of the project a celebration event would be held so young carers and residents can come together and meet each other.
- We are making good links with the Prevention & Education Team, Sunderland Tyne and Wear Fire and Rescue Service to build awareness of carers within the Coalfields and help them to identify hidden carers and those at risk as well as early identification so crisis situations can be prevented, and early intervention and support is provided.

Recommendation APPROVE

- Innovative project
- Provides support for both target groups (intergenerational)
- Links with TWFRS

Project Name	Organisation	Funding Requested	Total Score (Max 50 points)
Espresso Yourself Club	St Aidan's Community Group	£2,536	40

- April 2019 to January 2020
- We are developing a day club for older people and their carers that will focus on health and wellbeing
- We want to create opportunities for older people to; improve their access to healthy, nutritious food and interact with other people in meaningful activity
- Members that are able will be encouraged to volunteer
- The helpers make sessions enjoyable and increase self-esteem and confidence. We want to bring people together on a weekly basis to enjoy good food in company with support, activities and information.
- Other activities that complement the day will include; talks and courses around healthy eating, staying safe, being active, local history, bingo and singing
- As we recognise that transport can be a major problem in accessing services we have also applied for a Taxi Fund to enable to arrange pick up and drop offs in the safest and most cost-effective manner
- The Club will run every Friday for up to 20 people for 40 weeks.
- We have good links to older residents through our Church connections and we continue to be active members of the VCS Network.
- We have already has started to work with partners such as; Alzheimer's, Sunderland Carers, Age UK Living Well Link Team, Essence, Cardale Residential Home and Gentoo and these partners will help generate interest and provide additional and complimentary information
- To ensure our sustainability we will continue to strengthen these links and seek out others as we go.
- To raise awareness of the service we delivered a joint Xmas Party with Age UK sharing members and volunteers which was a great success
- We have already set a date for one at Easter where we hope to involve children on their school break
- We intend to include other features and partners throughout the year.

Recommendation APPROVE

- New day club
- Encourage and support participants who can to volunteer
- Transport costs for those who need additional support
- Will involve partners and share information

Project Name	Organisation	Funding	Total Score (Max 50 points)
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Shiney Marras	ShARP	£4,940	39

- April 2019 to March 2020
- Shiney Marras will deliver a varied programme of supportive group activities over 12 months to engage people of all ages at risk of or experiencing loneliness and social isolation
- We will take a particular focus on Men and Carers
- We have identified that there is a gap for activities for men, particularly those who may live alone, have physical disabilities or chronic health issues, mental health issues
- In the last year we have been successful in recruiting 5 men as volunteers and these now make up a quarter of our volunteers. They and other men using the centre have told us that often they feel unable to access group activities as they feel most groups are aimed at women. Men often find themselves living alone without close family and friends.
- The men's group will meet weekly to take part in cooking, crafts, fitness and relaxation – including walking – using Herrington Country Park
- We will work with Keep Active CIC to deliver the Marras Cook Club a monthly cooking session for men cooking from scratch, learning about nutrition, cooking on a budget, then sharing a meal together.
- ShARP will deliver the Public Health Stop Smoking work from June which will also be of additional benefit to some men – quitting is easier with support in a group.
- Shiney Marras will provide support for Carers in partnership with Sunderland Carers using ShARP as a trusted venue
- In the last year 8 of our volunteers have been overwhelmed by their caring responsibilities. These volunteers kept on volunteering as it was often the only form of respite available to them. Support provided here has been ad hoc but we would like to have dedicated support offering a range of activities available to carers in Shiney Row.
- TWFRS will be invited in to speak with Men's Group and Carers providing tailored support about fire safety and fire evacuation plans.
- We will also draw on our current partners including Sunderland Mind, Trinity Church Shiney Row, Knit and Natter in ShARP, and others to maximise opportunities to reduce loneliness and social isolation.

Recommendation APPROVE

- Evidence of successful projects including promotion of volunteers
- Wide range of interests and activities catered for
- Promotes good health
- Targets males but open to all
- Can provide other information and guidance to participants

Comments/Notes

- Need to encourage further partnership working and engagement with VCS Network

Project Name	Organisation	Funding Requested	Total Score (Max 50 points)
Feathered Friends	Groundwork	£3,630	37

- March 2019 to September 2019
- Feathered Friends will work with older people, carers and vulnerable adults in the Coalfields to open their eyes to the nature on their doorstep, bird watch and have a bird of prey experience whilst getting out and meeting some new friends
- Using ELCAP community transport we propose to offer a door to door pick up service to take participants to Elba Park to either do a nature walk or drive, (depending on the accessibility needs of the participants).
- We will follow the speckled wood trail, the wetlands area and explore the acid grasslands

with bird watching equipment and species guides. Approachable and knowledgeable staff will create a safe and friendly environment for the whole trip and provide a specialist talk on birds and wildlife of Elba Park and the North of England.

- Elba Park is a nature lover's paradise with native and exciting migrating bird species being visible all year round. Species such as kestrels, sky larks, waxwings, reed warblers, swans, moorhens and native species such as great tits, blue tits and goldfinches can be seen with ease. We also have a returning kingfisher who may be out and about for us to see!
- As nature is unpredictable we will also work in partnership with a falconer who specialises in therapy sessions with owls and hawks. Participants can enjoy an hour with an Owl or a Hawk and will be able to hold, feed and fly the birds if conditions are favourable.
- Studies have found that physical contact with animals can decrease feelings of isolation and anxiety and releases endorphins (oxytocin) that have a calming effect.
- We will then go for refreshments at ELCAP, where we will make homemade lard ball bird feeders, to encourage birds into their gardens at home.
- The project will work with up to 60 individuals including one care home (West Lodge Community Integrated Care, Shiney Row).
- The project will provide an accessible outdoor activity, increase confidence and wellbeing and may even inspire them to start a new hobby.
- Other projects will be promoted and participants will be signposted to future Elba Park events and clubs in the Coalfields to ensure a legacy to the project.
- Photographs will be taken on the sessions and evaluations done by participants to help monitor the effectiveness of the project.
- Feathered Friends will work in partnership with Easington Lane Community Access Point for community travel and as a base for refreshments.
- We plan to work with Age UK to work with the most isolated people in the Coalfields
- We are happy to work with all partners in the wider Coalfields network to help enhance the programme
- We will produce a flyer encouraging the participants to use other services and projects in the coalfields area. We will also raise awareness of environmental and nature groups in the area such as becoming a friend of Elba Park, joining the Durham Wildlife Trust (based in Rainton Meadows) as well as national groups such as the RSPB

Recommendation APPROVE

- Innovative project
- Provide access to nature

Project Name	Organisation	Funding Requested	Total Score (Max 50 points)
Natural Connections	Durham Wildlife Trust	£4,990	37

- April 2019 to December 2019
- *Natural Connections* will be a mechanism to bring people together and support them to access constructive, positive, healthy and sociable activities
- The varied programme will be based at Rainton Meadows with a wildlife or natural theme to appeal to different interests such as outdoor art, yoga, wild tea making, small practical tasks like hedge planting, wildlife watching, gentle walks, bird box making, craft sessions, green wood working and trips other nature reserves and local green spaces
- People affected by loneliness and isolation can find attending a new activity a daunting experience, the activities on offer will be led by experienced staff and volunteers, creating a relaxed and welcoming atmosphere, so individuals feel comfortable and want to return
- DWT will work in partnership to raise awareness and build up a network to help promote the project and attend sessions to support individuals who need additional help
- The project will aim to build up a group, where individuals can form friendships which will continue beyond the life of the project. Monitoring people's experiences and perceptions

will be vital throughout the delivery of the project. This will be recorded through informal discussion and feedback during sessions followed up by questionnaires at the start and end of the project

- We have a good network of local groups and organisations that we already work in partnership with. These include the North East Autism Association, Friends of Hetton Lyons and Herrington Country Park, Sunderland Stroke Association, Sunderland Green Spaces Forum and Gentoo
- Project will be promoted via existing networks and explore additional opportunities to increase reach to Sunderland Carers and residents groups
- Local members and existing volunteers will promote the project activities. Our aim would be to cascade information about the project via these links and encourage them to pass it on to individuals who they feel would benefit.

Recommendation APPROVE

- Different type of activity
- Works with existing partners
- Aims to continue beyond the life of the project

Project Name	Organisation	Funding Requested	Total Score (Max 50 points)
Down at the Pit – Safety in Numbers	Springboard	£5,000	36

- March 2019 to March 2020
- The project will continue an established group of males developed by a previous SIB funded project
- Over the year 15 males have benefited from the project, getting together on a weekly basis
- The group of men have benefited from trips to Whitley bay and Durham as well as volunteering within Hetton Lyons Country Park
- Every week the group help in the park e.g. change bins, do general maintenance on the park such as trimming hedges, cleaning the carpark area, and clearing public walk ways, cycle paths and equestrian routes; as well as maintenance repairs on the park such as fixing the horse jumps
- “Safety in numbers is the hypothesis that, by being part of a large physical group or mass, an individual is less likely to be the victim of a mishap, accident, attack, or other bad event”.
- This is the message we want to get out by building friendships and forming groups, you are less likely to be alone and isolated and can have positive effects on mental and physical health
- Going outdoors and interest in outdoor activity and horticulture in groups has been proven to have a positive influence on social isolation
- The men are in need of safety equipment and equipment to do further work and warm outdoor clothing to continue to do this and for the group to be expanded and develop skills
- This project will also have use of Hetton library and its resources and work in partnership with NHS therapists and also currently work with the following partners; Hetton town council, ELCAP, Easington Lane community action point, Hetton New Dawn, The Flats and as a result would reach out to other organisations to find socially excluded males who would benefit
- The aim is to Identify and engage more carers, older people and vulnerable adults in activities and services to improve their wellbeing and to outreach further and expand the group
- Creating a support and sign posting service to others within the Coalfields VCS and support by working in partnerships with other initiatives and projects
- We would also like to outreach to those with carers and undertake training/awareness raising of support for carers and get the carers also involved with the activities

- The programme is inclusive of leisure activities such as community gatherings, water sports, heritage and history researching, cookery lessons, team building activities, excursions, learning new skills such as horticulture, forestry and arboriculture; which can also be taught as accredited qualifications.
- The project will cater for groups of up to 15 males at a time with staff being able to spend time to offer support and guidance. Offering a space to network reducing loneliness and isolation this will make the participants more confident, equipped with knowledge and new skills, offer friendships, support and guidance.
- Funding will be spent on equipment and outdoor clothing which will be stored and cleaned/maintained by Springboard

Recommendation APPROVE

- Different type of activity
- Supports maintenance of Hetton Lyons Country Park
- Develop new skills
- Encourages people into volunteering
- Targets males
- Reach into community

Project Name	Organisation	Funding Requested	Total Score (Max 50 points)
Transforming Lives Today	Hetton New Dawn	£4,550	36

- April 2019 to March 2022
- Transforming Lives Project will provide support for people of all ages, who are isolated for a number of different reasons – disability, poor health, age related problems, bereavement, mental health issues, learning difficulties, low income
- This activity will be held one afternoon per month, and give members an opportunity to join with others for 2 hours, to share conversation, play games e.g. bingo/ beetle / sing-songs followed by afternoon tea
- Funding will contribute to rental costs, transport and to include 2 visits each year to local places of interest/entertainment/visits to our community allotment
- Working in partnership with local agencies is also a priority
- ELCAP Transport will be used
- The project will be delivered at Easington Lane Apostolic Church
- We would also like to include more people who are carers, whether for members of family or friends
- This can only be done by increased promotion of the activity so we will leaflet neighbourhoods in Easington Lane, Hetton, Eppleton & Moorsley on regular basis, as well as our continuing media promotion through our website and Facebook
- We consider improving the lives of those who are socially isolated and lonely an important aspect of the work that we do
- Members themselves have provided feedback about what a difference this group, and the friendships formed through it, has made to their lives. them to join other activities run by Hetton New Dawn and other similar support groups

Recommendation APPROVE

- Works with existing partners
- Long term project
- Transport for those unable to access independently
- Promotion in various forms

Project Name	Organisation	Funding Requested	Total Score (Max 50 points)
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Evening Walking Football	Houghton Sports Centre (Everyone Active)	£5,000	35
<ul style="list-style-type: none"> • April 2019 to March 2020 • Weekly walking football session one evening per week • Targeted at men and women aged 50+, and carers • Aim will be to make this an enjoyable experience and to encourage participants to lead a healthier lifestyle, both physically and socially • Signpost to other evening and weekend sessions to reduce social isolation at identified key times • Each participant who attends three sessions or more in a calendar month will receive a free family swimming pass valid at Hetton Community Pool • Swimming incentives will help with social isolation as they can invite family along with them to swim on a weekend • Project will target an average attendance of 16 participants weekly, with up to 40 unique participants anticipated. • If there is a demand the project could split the age groups up into 50+ and 65+ • Undertake training/awareness raising of support for carers • Undertake monitoring to show the number of people benefiting, and the impact the project has made • Contribute to an evaluation to demonstrate success, and lessons learned • The sessions will be advertised through Everyone Active's 8 Sunderland based leisure facilities and through partners within the local community such as GPs, Houghton Primary Care Centre and the Steps to Health Programme who are based on-site at Houghton Sports Centre. <p>Recommendation DEFER FOR CONSIDERATION IN JUNE 2019</p> <ul style="list-style-type: none"> • Extension of new daytime walking football sessions funded via SIB – need to establish success of current project and evidence of need for evening sessions • Needs to describe how they will engage those who are isolated 			