

## Reducing Social Isolation – SIB Project Applications

Project Name	Organisation	Funding Requested
Cake and Company	St Johns, Fencehouses	£1,350
<ul style="list-style-type: none"> <li>• Builds on success of new project set up last year</li> <li>• Provides a fortnightly social club for up to 20 members (1 year)</li> <li>• Days/trips out</li> <li>• Craft sessions provided</li> <li>• Speakers</li> <li>• Quiz afternoons and board games</li> <li>• Sing a longs</li> <li>• Plan to extend invitation to wider group of guest speakers including police and doctors</li> <li>• Learn from each other e.g. social media, housing and benefits information</li> <li>• Members gain new friends and reduce isolation</li> <li>• £450 contribution from members attending</li> </ul>		
Project Name	Organisation	Funding Requested
Our Day Out	ELCAP Community Transport	£2,160
<ul style="list-style-type: none"> <li>• Trips out once a week for 40 weeks</li> <li>• Door to door service (and support if needed) to access local (and wider) greenspaces</li> <li>• Work with a number of local lunch clubs and older people's groups</li> <li>• Work with care homes to encourage those who would not normally socialise</li> <li>• Links with local GP surgeries to promote opportunity</li> <li>• Partnership working and links with Gentoo, NHS, New Dawn, Space 4, Groundwork and other groups</li> <li>• £885 match funding from ELCAP</li> <li>• A number of methods of promotion and engagement</li> <li>• Will make users of the service aware of other opportunities and signpost to relevant activities and support</li> <li>• A small charge will be made to help sustain the service</li> <li>• The project will cover the whole Coalfield area and will benefit up to 500 individuals</li> </ul>		
Project Name	Organisation	Funding Requested
People's Park	Friends of Hetton Lyons Country Park	£3,000
<ul style="list-style-type: none"> <li>• Themed events and activities in Hetton Lyons Country Park for older and vulnerable adults/carers (open to wider public too)</li> <li>• Large Marquee with seating/tables to be used</li> <li>• Access to toilets provided</li> <li>• Paws in the park will include picnic, entertainment and opportunity to interact with/walk with dogs</li> <li>• Scarecrow picnic will provide craft activities and opportunity to make scarecrows which will be judged at Hetton Festival</li> <li>• People's Pedal Power day will provide accompanied rides round the park on disabled adapted bikes. This will also have the benefit of promoting the PPP services available in the park with the desire that the individuals continue to use their services to increase their socialisation, health and wellbeing.</li> <li>• 100 participants per activity</li> <li>• Signpost and promote other activities and clubs available</li> <li>• Ongoing activities between April and December 2018</li> </ul>		

<b>Project Name</b>	<b>Organisation</b>	<b>Funding Requested</b>
Gateway Diamonds	Gateway North East	£3,000
<ul style="list-style-type: none"> <li>• Monthly carer support group for carers who have a child or young adult with a disability</li> <li>• Based in Easington Lane</li> <li>• Evidence of mental health issues and increased use of antidepressants amongst parent carers</li> <li>• Project will train an additional worker/life coach and increase sessions to support 30 people (currently 18)</li> <li>• Increase participation in social and physical activities (swimming, walking, bowling etc..)</li> <li>• Links with Sunderland Carers Centre</li> <li>• £1,850 match funding</li> <li>• All beneficiaries from Coalfield area</li> <li>• 2 staff per session</li> </ul>		
<b>Project Name</b>	<b>Organisation</b>	<b>Funding Requested</b>
Green Fingers and Friends	Groundwork North East	£2,700
<ul style="list-style-type: none"> <li>• Gardening project to support older and vulnerable people to make hanging baskets/window boxes etc.. for their own home</li> <li>• Series of trips to collect people from home or an identified location to visit garden centre</li> <li>• Making baskets/tubs at a community facility in the area</li> <li>• Helping to plant/maintain community gardens e.g. ELCAP and Moorsley</li> <li>• Refreshments provided to encourage social interaction over hot drinks and snacks</li> <li>• Supportive and knowledgeable staff throughout the project</li> <li>• Gardening tips leaflet available</li> <li>• Care home residents to be included in project</li> <li>• 50 individuals supported – project runs March – July 2018</li> <li>• Participants given information and support to access other activities/services</li> <li>• £100 match funding</li> <li>• Covers whole of Coalfield area</li> <li>• A range of venues for delivery to be explored</li> </ul>		
<b>Project Name</b>	<b>Organisation</b>	<b>Funding Requested</b>
Transport Links	Hetton New Dawn	£3,000
<ul style="list-style-type: none"> <li>• To provide transport for a number of activities delivered by Hetton New Dawn (2x lunch clubs, transforming lives)</li> <li>• Volunteers provide an assisted transport service, valuable to those who are less able/less confident</li> <li>• Remove barrier for those who cannot access services independently</li> <li>• Will benefit 60 people per month, plus new users</li> <li>• Currently provide a service to 13 people who are aged 90+ some of who are frail or have limited mobility</li> <li>• £734 match funding</li> <li>• A small charge will be made to help sustain the service</li> <li>• Will be available across whole of Coalfield area</li> </ul>		
<b>Project Name</b>	<b>Organisation</b>	<b>Funding Requested</b>
Coalfield Arts Inclusion	MBC Ceramics CIC	£2,998
<ul style="list-style-type: none"> <li>• Series of four ceramic arts wellbeing courses across the Coalfields Area. Each course will last 4 weeks (16 sessions total)</li> <li>• Sessions will provide ceramic skills, encouragement and advice and guidance</li> <li>• Benefits 40 people</li> </ul>		

- Work with local partners to target participants from more commonly-overlooked groups, including sheltered accommodation schemes
- Held in local venues across the area
- A representative from a local service will be invited to provide information about their service at each course
- Emphasis will be given to encouraging participants to access onward community support provision beyond the course
- Runs April to June 2018
- £546 match funding
- Will cover whole of Coalfield area
- Venues will be arranged to meet need of participants

Project Name	Organisation	Funding Requested
Rewards for All	ShARP	£3,000

- The project will provide tailored and expert support to older or vulnerable adults who wish to volunteer
- A number of volunteers recruited need additional support due to a range of needs including mental health issues
- Volunteers will be offered a range of volunteering choices such as Shiney things charity shop, community library and IT support, as well as signposting to other volunteering opportunities via SNCBC
- Volunteering reduces isolation and encourages integration with others volunteering or using the services
- The project will benefit 15 new volunteers and 6 existing volunteers who are older or vulnerable
- Mentoring support and training will be provided to increase skills and confidence
- £3,000 match funding secured from Reeds Grassroot Community Fund

Project Name	Organisation	Funding Requested
a) Cake and Chat b) Space 4 LGBT+	Space 4	£2,997

#### **Cake and Chat**

- Extend the existing Space4 group for older and vulnerable adults with up to 16 new places at "Cake & Chat"
- One additional 4 hour session per week
- A further 16 vulnerable/socially isolated older adults supported
- Provide local trips/outings building self-confidence
- Access to existing services such as: Live Life Well Service and Sunderland Carers etc..

#### **Space 4 LGBT+**

- Develop a new group for up to 16 members of the LGBT+ community
- Evidence of significant levels of vulnerability and mental health issues within this community
- 12 month project delivering 1 x 3 hour session per week plus drop-in support
- This new project would support the LGBT+ community and fulfil a need to have a safe space to share concerns, joys and issues of social isolation
- Tackle feelings of isolation, vulnerability and the stigma of mental health/dementia within a safe and caring environment
- Provide the opportunity to learn skills/crafts aiding self-worth and achievement
- Provide local trips/outings building self-confidence
- Access to existing services including: Live Life Well Service and Sunderland Carers etc..

- Partner agencies have highlighted of a number of vulnerable adults who would benefit from this service
- £310 match funding

Project Name	Organisation	Funding Requested
Shiney, Herrington and Penshaw Engage (SHAPE)	Penshaw CA	£3,000

- Weekly games afternoon, including bingo, card games, darts, dominos etc, followed by a selection of afternoon tea items and refreshments
- Accredited course promoting wellbeing in partnership with Media Savvy
- Introducing Service Users and their Carers to other groups in Penshaw CA such as the carpet bowls club and the Women's Institute
- Build upon existing community partnerships in the area, for example SHARP and St. Aidan's Community Group
- Staff and partners have a strong background in areas that underpin the nature of the project, including safeguarding, mental health and working with vulnerable adults
- 12 month programme benefiting 100 people
- Includes 10 week Health, Nutrition and Wellbeing for Beginners course incorporating exercise sessions
- Will advertise via partners/VCS Network, leaflet drop to local residents, posters etc...
- Match funding of £1,790 identified

Project Name	Organisation	Funding Requested
Community Collate and Create	Springboard	£3,000

- 12 month programme
- Targeting of males who are socially isolated
- Hetton Lyons Park would be a meeting point for a befriending programme in which socially isolated males can meet on an interactive programme
- Leisure activities including water sports, heritage and history, cookery lessons, team building activities, excursions, learning new skills such as horticulture, forestry and arboriculture will be provided
- Learning to be digitally included through learning IT skills such as how to read on kindles; using the internet and how to use basic programmes or manage basic social media accounts
- Mental wellbeing awareness element with fully qualified staff in mental health offering advice
- Mentions working with partners such as Hetton Town Council, ELCAP, New Dawn, Flatts and Hetton Library IT provision
- Will purchase Kindles to use within the programme
- Staffing and premises costs provided by Springboard

Project Name	Organisation	Funding Requested
From me to you	Sunderland Carers Centre	£2,988

- 6 month programme
- Regular focus group for young carers and vulnerable older adults who currently reside in a care home in the Hetton area of the Coalfield
- 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
- Provide opportunities for young carers to interact with the older generation using letters as the form of communication
- Work with the manager of The Laurels to identify approximately 10 residents who have

limited family contact who are at risk of social isolation

- Young carers will then work with Sunderland carers centre staff in 1 hour sessions to help plan and write letters
- At the end of the project a celebration event would be held so young carers and residents can come together and meet each other
- Social interaction, learning and reminiscence will enhance wellbeing and feeling of belonging
- £1,987 contribution from Carers Centre (staffing costs)
- Innovative project
- Evidence based

- **Total funding recommended for approval:                      £33,193**