Social Isolation - Large Project recommended for approval **Item 5 Annex 1**

A sum of £20,000 (joint SIB and CCG funding) was allocated to a large Call for Projects (C4Ps) to reduce social isolation. The Area Committee agreed that **one successful project** would be selected for the full amount available. Three applications were received and assessed against the project brief using a standard scoring method. Coalfield area Elected Members, and relevant partners and officers, were consulted. Based on all information available, and in line with the project brief, the following project is recommended for approval.

Social Activity Navigator – B Active & B Fit

16 month project (August 2015 – December 2016)

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 and activities available 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 which will give better access to those who may need this program.

This project will complement services that already provide much needed programs of activity in the coalfield area including lunch clubs at Bramble Hollow, Shiney Row, church clubs, WRVS, Hetton Home Care and Gentoo.

This new project will employ a Social Activity Navigator who will engage with; GPs, specialist pulmonary nurses, home care services, stroke groups, and the HOPE group, giving a greater reach for those who are socially isolated. The Navigator will have the skills to engage with and understand the individual's needs. They will also have awareness of other intervention services and opportunities, to create viable pathways, as well as participation in a health & lifestyle improvement initiative, assisting the individual's engagement.

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.

Individuals with long term conditions will be supported and motivated to access local services that will help improve their well-being (evidence shows that simply giving a patient information is not enough). The project will also provide regular feedback to the referring health professionals and organisations.

The Navigator and individual will work through information together and agree a SMART action personal progress plan. The project aims to reach 220 individuals who will engage with the 1 to 1 programs reducing their isolation. Of those it is predicted around 190 will be inclined to engage socially in community group sessions creating social cohesion. All of the 220 who have participated will have an improved wellbeing, increased confidence, strength and cognitive ability. Indirect contact will be over 500 through family members and groups that have our information.

The exit strategy will be made clear to all involved, from the onset of the program, as this is a `project` that will last for 16 months. Information and support will be given to engage in alternative activities once the project ends i.e. personal budgets in some cases, access to other group activities that are in the coalfield area.

The project will be promoted in key locations such as in GP surgeries, community groups, wellness centres, the VCS area networks and newsletter, pulmonary group meetings and at the Stroke association meetings. All of the promotional material will acknowledge support from Area committee and carry the Sunderland City Council logo.

The project will drive participation by utilising social networking sites including its own Facebook page, Twitter feed and website. Free database sites such as Sun FM Radio's See It Do It Guide will also be used to further publicise what is happening in the community. The Navigator will also be responsible for marketing the project across the duration of the project.

The funding will pay for salary costs, project management, promotional items and evaluation of the project.

Recommendation: Approve.
The project meets the requirements of the project brief. It engages people in a variety of ways to ensure those most socially isolated are given the opportunity to be part of the project. The project will 'move' people into other activity as part of a pathway and will liaise with existing and new services available to the community to ensure the most appropriate activities are offered to individuals.

The organisation will be required to provide a written update each quarter, reporting on outputs, outcomes and progress of the project. Project monitoring visits will be carried out by Scrutiny and Area Arrangements to ensure the project is meeting the requirements of the agreed terms and conditions and to offer relevant support to the project in order to ensure maximum success, impact and value for money.

The People Board, Area Committee and CCG will receive updates in line with the agreed SIB performance reporting timescales.

Below is a summary of applications which were also received, but not recommended for approval based on scores allocated.

1 Up and Down Memory Lane – Fenchouses YMCA (12 month project from July 2015)
The project application was a joint project with **local agencies including 3 churches in Fencehouses** and the lead agent of **Fencehouses YMCA**. The project outlined that Fencehouses YMCA would work in partnership with local groups who currently offer a wide range of services. The project would employ a part time worker who would liaise with these groups and their staff to support individuals who are already accessing some of their services. The lead agent also has links with other community groups within the area that work with Older and Vulnerable people and would support the ***co-ordination of these services***. The project would look at establishing a core group of people to support this project. The project would start where most isolated people normally attend, GP's surgeries. Drop in sessions would be arranged where current provision across the area could be advertised and each person would have a dedicated plan that could support them from moving from isolation to integration.

Local people who may not currently access services will be engaged by working with agencies to develop " loneliness mapping " to identify e.g. recently bereaved and those who have undergone major surgery. Drop in Sessions at 7 Local GP Surgeries across the coalfields area will be developed. The worker would visit each practice manager to establish links for referrals reaching new beneficiaries.

Recommendation: Do not approve
The project description is not clear how specifically it will be delivered. There is no evidence that potential partners and referral routes have been fully explored or consulted with. The project does not demonstrate how it will reach those most at risk of loneliness and isolation and relies on existing services and the beneficiaries of those services.

2 Co-ordination of Services – ShARP (12 month project from July 2015)
ShARP proposed they would employ an Older people's services development worker for the Coalfields. The worker would work with existing groups to promote their services and to provide their users with information on activities that are going on in other areas.

ShARP would advertise the services within GP practices, care homes, sheltered accommodation, churches and community venues across the Coalfields and provide a central point of contact for older people wanting to know what services are available in the Coalfields.

People would be encouraged to telephone the service to receive individual advice on what activities are available where and when. Information will be taken from a 'community' database which will be compiled, and kept up to date by the worker keeping in regular contact with community groups.

Service users will receive an individual telephone triage interview that assesses their abilities and needs and what activities they would like to do.

Service users will receive a follow up call 2 weeks after their initial consultation to assess whether they have accessed the new activities advised upon, if there were any problems that we can help with, if they enjoyed it, if they will be returning or, if not, if there are any other activities that they might like to try. Service users will be encouraged to call back if they want further information on a wider range of services.

Recommendation: Do not approve
The project relies on individuals contacting the project, rather than the project proactively seeking out and contacting individuals as identified in the project brief. The application is not clear how (or whether) individuals will be supported in person on a one to one basis and how they will be supported to access services. There is no clear evidence that individuals will be supported on a 'pathway' or 'journey' to social interaction.

Social Isolation - Small Projects recommended for approval

A sum of £20,000 was allocated to a Call for Projects (C4Ps) to reduce social isolation. Thirteen applications totalling £48,681.26 were received. The projects were scored and consultation carried out with Coalfield area Elected Members, and relevant partners and officers. Based on all information available, and in line with the project brief, the People Board recommends that the projects listed below are approved.

1. Space4 Blokes – Space4
12 month project (July 2015 – July 2016) £3,398

Aim of the project is to develop a new provision called Space 4 Blokes as a support group for older men (+55 years) that will address feelings of loneliness and social isolation within a safe, informal and caring environment on Thursdays in the Coalfields Area. Conversation, photography, computer/internet skills, games and art will be core activities. Outcomes include:

- Provide 20 places for lonely and socially isolated men that will improve their well-being and social inclusion by attending a safe, informal and caring self-help group
  Members develop constructive relationships enabling them to lead more fulfilling and effective lives in the community
- Members find acceptance and learn strategies to identify appropriate skills to deal with the issues of social isolation often caused by bereavement, retirement and ill health (physical and mental).
- Members feel better able and more confident in coping with everyday tasks
- Members able to access other Space4 activities and the information help desk

This will be demonstrated by
- Members report feeling less lonely, isolated and develop friendships
- Members feel more able to engage with individuals and the wider community
- Members state they feel more confident and fulfilled

The organisation will work with ELCAP, ShARP, Gentoo and local GP surgeries to engage individuals in the service. Space4 has a team of experienced volunteers led by a professional mental health counsellor. The funding will be used to cover staff costs, room hire and materials
Recommendation: Approve

2. No One Should Have No One – Age UK Sunderland
7 month project (July 2015 – January 2016) £3,049

Aim of the project is to set up a new day/lunch club in the Shiney Row ward and a monthly dementia drop in coffee club type session at Hetton Centre

The day/lunch club will be operational on a Tuesday of every week and people will be provided with a hot nutritional meal as well as an opportunity to engage with their peer group and participate in social/reminiscence activities. The drop in coffee session will be operational on a monthly basis on the first Thursday of the month and will fit in with similar activities delivered by the VCS in the Coalfields to ensure an activity takes place every week.

Age UK Sunderland will publicise and promote the day/lunch clubs and will encourage attendance by holding an Open Day and promoting the service with local partners including Coalfield CCG, HOPE, ShARP, Bethany Centre and Gentoo. Transport can be arranged and there will be no duplication of existing provision. The outcomes will be -

- Engage more older people and vulnerable adults in activities and services to improve their wellbeing
- Reduce isolation and increase social interaction of older people and vulnerable adults
- Increase awareness of support available to older people and vulnerable adults

The outputs will be:

- 12 older people to attend day/lunch club
- 12 older people /carers to attend monthly coffee morning
- 4 volunteers recruited
- 50 older people to be signposted to additional support at AUKS/other partnership projects

The project will be proactive in working in partnership with other initiatives and projects funded via this Call for Projects and will refer people in need of social interactions. The funding will be used towards salary costs, volunteer expenses, resources and room hire. The project will continue to be delivered after SIB funding ends. Support will be given by Age UK Sunderland and a small charge will be made to ensure sustainability.
Recommendation: Approve with condition that the newly set up lunch club does not duplicate or compete with existing provision in Shiney Row

3. Pudding Lane – Fencehouses YMCA
12 months (July 2015 – July 2016) £3,000
The 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.

Overall outcomes:
- Promote mealtimes as pleasant and enjoyable
- Understand people's food and social likes
- Find out personal eating and nutritional issues
- Involve people in tasks linked to food and eating
- Encourage eating and social involvement

The organisation has identified a wide range of groups and organisations as potential partners and this project will complement their Postcode Community Trust project – 'Feed me Community Project'

Funding will be used for equipment, sessional workers and a contribution to running costs. The project will continue beyond the period of SIB funding which will be used to 'kick start' the initiative and purchase equipment which will be used to sustain the service.
Recommendation: Approve

4.Transforming Lives – Hetton New Dawn
12 months - July 2015 to July 2016 £4,500
The project will build on existing services providing activities and befriending for adults. Currently around 110 people a week access 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.

The project 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.

Hetton New Dawn currently has over 30 volunteers supporting their activities and they aim to attract more to support the delivery of this additional service. The funding will be used for room hire, activities, volunteer expenses, and management costs. Transport can be arranged with support from ELCAP and Gentoo.
Recommendation: Approve

5. Summer in the Park – Groundwork North East
4 months (July 2015 – October 2015) £3,370

Aim of the project is to engage 130 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. The target audience will be reached by visiting existing lunch and social clubs and promoting the opportunity with local partners including ShARP, ELCAP, Age UK and Gentoo.

Groundwork will use ELCAP's community transport to collect people and bring them to ELBA Park where they will have a conducted tour discussing the history of the site and stopping at the 5 pieces of artwork to discuss their significance. The trip will allow participants to get closer to nature as well as increasing social interaction.

The tour will end will a hot drink at the new picnic area where partners will be invited to come along to talk to the group about the services they have on offer, with the aim of encouraging people to engage in new activities already available.

The funding will be used to cover staff costs, transport, refreshments and publicity as well as project management support.

Recommendation: Approve £3,183

6. Golden Years – Friends of Cherry Tree Gardens
7 Months - June 2015 – December 2015 £1,870

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

The current group has a membership of 34 and the aim is to attract new members. The group will keep records of all new participants plus monitor the support given

The funding will be used to support the activities includes entertainment, food and craft resources.

Recommendation: Approve

7. Speakers, Entertainment & Trips – HOPE £1,000

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 would be 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.

The funds would be used for trips, speakers and entertainment over the coming year. The project will continue beyond the period of SIB funding and would work with local partners via the VCS Network to promote other activities and services their members can access.

Recommendation: Approve

The value of the projects as listed is £20,187. It is recommended that Groundwork are offered £3,183 and asked if they can reduce their staff costs by £187. This would give a total of £20,000 which is the available budget agreed by Area Committee in March 2015.