



Leicester Ageing *Together*





2nd Learning Event, 4th July 2018



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1.30	Registration and Refreshments
2.00	Welcome Ruth Bamford, Funding & Relationship Manager, Strategic Programmes – Ageing Better, Big Lottery
2.10	Event overview Ruth Rigby, Programme Lead, Leicester Ageing Together/Vista
2.20	A snap shot of comparisons between group and one to one interventions to address loneliness and social isolation Dr Jamie Mackrill, Director of New Opportunities, Vista
2.35	Mapping & Evaluating Social Prescribing in Leicester Ageing Together Sarah Hadfield, Caitlin Hand and Dr Louise Thomson, Institute of Mental Health, Nottingham
3.00	Break
3.20	Older & Wiser – Legacy and Sustainability planning Karen Chouhan, Senior Area Education Manager, WEA
3.40	Engaging communities in legacy and sustainability Ruth Rigby, Programme Lead, Leicester Ageing Together/Vista
4.00	Close



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Engaging communities in legacy and sustainability

- **Leicester Ageing Together, partnership of 17 voluntary/community organisations**
- **Received £5m over 4 years, now in its final year**
- **Delivered 20+ services reaching over 5,500 older people, supported by over 1,300 volunteers**
- **So, what happens next.....?**



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Programme Outcomes

- Older people are less isolated
- Older people are actively involved in their communities with their views and participation valued more highly
- Older people are more engaged in the design and delivery of services that help reduce their isolation
- Services are better planned, co-ordinated and delivered
- Better evidence is available to influence future service development



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Our plan

To build legacy and sustain the programme into the future to support a more socially engaged, active older population maximising coproduction, wide community involvement and community contributions, empowering older people (and others) to develop and support community solutions.

Developing themes:

- **Developing reciprocal support and Community Businesses**
- **Supporting the development of Community Learning opportunities for older people to deliver greater involvement**
- **Thinking Mental Wellbeing**
- **Thinking Age friendly**



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Developing reciprocal support and Community Businesses

- Having engaged 1300 community contributors (volunteers) to get involved so far, we are now:
- Developing Timebanking and reciprocal support – to sustain social activities, befriending and to enable more personalised support for those that need/want it
- Identify community business opportunities – e.g. Thurncourt café, and sharing others' success
- Looking at how best to continue existing social groups and one to one support with **low charges** and **small amounts of money** to fund: **places to meet, transport, refreshments/food, co-ordination**



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Supporting Community Learning Opportunities

By empowering people through learning, we can enable them to make things happen. To develop:

- research skills as community researchers,
- community development skills as community connectors,
- community advocacy skills
- the confidence, knowledge and skill to make things happen

These skills and the products they bring are also marketable



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Thinking Mental Wellbeing

- Current Action Research Programme on ways to improve mental wellbeing
 - Led by WEA with contributions from all LAT partners and LPT
 - Evaluation by DMU
 - Due to report on findings in early 2019
- Close Encounters
- Listening Benches



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Thinking Age Friendly

- Access to information – community-led, older people specific – Community Connectors working on this
- Transport – current research project looking at opportunities, with Go-Travel Solutions



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