



## Ageing Well Connectedness Pilot Programme April – March 2023

**Delivering targeted activities across the WEST area of Sunderland (West covering St Chad's; St Anne's; Barnes; Pallion; Silksworth and Sandhill wards) during 2022, within neighbourhoods, to support older residents in reducing Social Isolation and Loneliness**

Delivery partner	Area of the city	Additionality	Activity	Contact details
Sunderland Carers centre Thompson Park, Thompson Road, Sunderland, SR5 1SF	All of West area	<p>Sunderland Carers Centre will act as the lead organisation working in partnership with Age UK Sunderland to support smaller VCS organisations.</p> <p>We will recruit peer support volunteers who will offer ongoing befriending and support.</p> <p>Carer Awareness Training and support will also be available to VCS organisations in the West to assist in the identification of carers for this project</p>	<p>We will develop our 'Within Reach' offer to reach out to unidentified carers in the West locality who do not receive support with their caring role.</p> <p>Under the newly created 'Within Reach' worker we will offer listening ear peer support to older carers who are at risk of social isolation and loneliness.</p> <p>We will signpost carers to community-based activities within their localities and take direct referrals for carer support from VCS community-based projects.</p>	<p><b>Amanda Brown</b></p> <p>(0191) 5375746</p> <p><a href="mailto:amanda@sunderlandcarers.co.uk">amanda@sunderlandcarers.co.uk</a></p>

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<p>AgeUK Sunderland</p>	<p>All areas of the West</p>	<p>Age UK Sunderland (AUKS) will work with partners to support smaller VCS organisations across the city to help prevent social isolation and loneliness.</p> <p>AUKS will recruit a part time (25 hour) Keeping in Touch befriender to offer a vital lifeline to anyone aged 50+ (however typically 65+) who is lonely or isolated and lives within the West area of Sunderland to improve wellbeing ensuring independence, and confidence in accessing support.</p> <p>We aim to increase understanding of what support is available in the local community ensuring connectivity promoting choice and control over health and social care services.</p>	<p>Through an extension of AUKS KIT Project, we will offer ongoing one to one support for currently unsupported individuals in the West area of Sunderland through telephone companionship/face to face befriending service.</p> <p>AUKS will utilise an established infrastructure support network, partnership working, peer support and volunteering opportunities to meet individual need.</p> <p>AUKS will promote community engagement, connectivity and also access to support through digital platforms where possible breaking down barriers ensuring inclusivity and equal opportunity.</p>	<p><b>Leah Abdulla</b></p> <p>0191 5141131  <a href="mailto:sharonquinn@ageuksunderland.org.uk">sharonquinn@ageuksunderland.org.uk</a>  <a href="mailto:Leahabdulla@ageuksunderland.org.uk">Leahabdulla@ageuksunderland.org.uk</a></p>
<p>St Luke's Neighbourhood Trust Merle Terrace, Pallion</p>	<p>Pallion and Barnes area,</p>	<p>We also aim to recruit some participants as volunteers for the lunch club (launching later this year) and upskill them with a level 2 health and hygiene</p>	<p>We will run a cookery club twice monthly to help tackle social isolation within the area of Pallion. We understand that socially isolated members of the</p>	<p><b>Lian Malta's</b></p> <p>07522372881  <a href="mailto:lukescentre@gmail.com">lukescentre@gmail.com</a></p>

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SR4 6SF		<p>certificate. When the cooking club finishes willing participants can migrate to becoming volunteers of the lunch club, giving this projected added sustainability</p>	<p>community may also be at risk of pre-frailty. Each session participants will join a community chef to cook a variety of different cuisines. Remodelling classic dishes into healthier versions by cutting fat content, sugar content, and increasing the number of vegetables and pulses in the recipes. This in turn will increase the nutrients, vitamins and fibre within all the meals prepared. Our aim is to use food as a tool to combat social isolation alongside improving the health and well-being of all attendees. This will help reduce the risk of pre-frailty, and to improve the health of those who may already be identified as frail. We will shop locally, sourcing fresh produce.</p>	
St Marys and St Peters Springwell Road, SR3 4JZ	Sandhill	<p>We would offer a monthly drop in whereby, we can invite other relevant organisations in, to have an informal chat with the participants in a surrounding they are comfortable in and</p>	<p>To start up an inside meets outside health and wellbeing project. Inside will be a gentle exercise session for over 65s which will be tailored to meet the needs of</p>	<p><b>Sarah Hindley</b> 0191 5228979 <a href="mailto:Sarahhindley.project@yahoo.co.uk">Sarahhindley.project@yahoo.co.uk</a></p>

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		gain access to other services. Such as Age UK, Sunderland carers, benefit advice and any other services who feel they could help our residents reduce their risk of becoming frail.	the participants, using Easyline exercise machines and other equipment. Sessions will be held in a friendly and welcoming environment with experienced trainers and volunteers. Gardening is a popular activity but not everyone has the luxury of outside space	
South Hylton Tansy centre Church Street SR4 OQD	St Anne's	We will invite local advice and information group to the centre during Natter Club, so if anyone needs help and advice, they are on hand to give this. We will forge good working relationships with local Council and Councillors. We will invite speakers and guests to our activities to support our service users by giving help and advice.	We aim to create a programme of activities to combat or alleviate feelings of isolation and loneliness in the elderly and vulnerable populations within St Anne's by providing a network of people and building activities designed to bring us together to tackle the problems of loneliness and isolation.	<b>Jodie Robinson</b>  01915344707 <a href="mailto:jodierob_uk@yahoo.com">jodierob_uk@yahoo.com</a>
Silksworth Community centre	Silksworth and St Chads	We will work in Partnership with other local organisation and projects to maximise outcomes for our new project. We will work in partnership with Age UK, Sunderland Carers Centre, Social Prescribing team, Sunderland	We will use a range of interventions to engage with our target group to improve health and wellbeing and prevent frailty. <ul style="list-style-type: none"> <li>• Doorstep Outreach</li> <li>• Partnership working with Age UK, Sunderland</li> </ul>	<b>Joanne Laverick</b>  0191 5238000 <a href="mailto:joanne@youthalmighty.co.uk">joanne@youthalmighty.co.uk</a>

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		<p>City Council Adult services. We will take referrals, promote each other's activities, signpost, share best practice, and avoid duplication.</p>	<p>Carers Centre, Social Prescribing team, Sunderland City Council Adult services.</p> <ul style="list-style-type: none"> <li>• Befriending</li> <li>• Telephone welfare checks</li> <li>• Group support</li> <li>• One 2 one support</li> <li>• Chaperone into existing connectedness activities</li> <li>• Signposting to activities including mindfulness classes, strength and balance workshop, coffee mornings etc.</li> </ul>	
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