

Report of the Director of Adult Social Services and the Director of Public Health

Report to Executive Board

Date: 14th December 2016

Subject: Time to Shine Project

Are specific electoral wards affected? If relevant, name(s) of ward(s):	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Are there implications for equality and diversity and cohesion and integration?	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Is the decision eligible for call-In?	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Does the report contain confidential or exempt information? If relevant, access to information procedure rule number: Appendix number:	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No

Summary of main issues

This report is an update on the work being undertaken to tackle social isolation and loneliness. It provides an update on the £6million Time to Shine programme managed by Leeds Older People's Forum, and also provides a brief overview of the wider work taking place in localities and city wide to tackle social isolation.

Recommendations

Members of the Executive Board are recommended to:

- Receive this report updating members on the progress of the project.
- Welcome the progress made in the development and delivery of the 'Time to Shine' project.
- Recognise the positive impact that the work on tackling loneliness and social isolation will have and the contribution it will make towards the breakthrough project 'Making Leeds the Best City to Grow Old In'.
- Commend the excellent work of Leeds Older People's Forum in leading the project.
- Note the lead officers responsible for ensuring updates are brought are the Consultant in Public Health (Older People) and the Interim Chief Officer Commissioning, Adult Social Care.
- Note the added value and impact this work in local areas.

1 Purpose of this report

- 1.1** The purpose of this report is to brief Executive Board members as requested on the 'Time to Shine' project and the progress made in tackling social isolation and loneliness in Leeds. It describes the work undertaken since the last report to Executive Board in December 2015 and the impact it has had so far.

2 Background information

- 2.1** There are 246,000 older people living in Leeds, of whom around 14,500 are aged over 85. It is estimated that around 15%, or 37,000 older people can be described as lonely or socially isolated, due to factors including fear, living alone, retirement, personal and financial circumstances, the digital divide, public attitudes and ill-equipped outdoor and indoor public spaces.
- 2.2** The Time to Shine project is £6 million six-year (2015-2021) programme aiming to tackle issues of loneliness and isolation amongst older people in the city. The programme is funded by the Big Lottery Fund as part of their Ageing Better programme which aims to reduce social isolation among those aged 50+. The Big Lottery's Ageing Better programme is one of its strategic investments. The programme takes two approaches: outcomes based and using a 'test and learn' approach. Each Ageing Better project must test out methods for identifying and supporting socially isolated older people, contributing to a national and local evidence base. Leeds is one of 14 Ageing Better areas across the country.
- 2.3** Older people are at the heart of the project, strongly informing the initial bid and project plan and continuing to be involved throughout the design, delivery, management and evaluation of the programme.
- 2.4** Time to Shine is evaluated as part of a local and national evaluation. The local evaluation is delivered by Circle (University of Sheffield), and concentrates exclusively on outcomes and learning from the Leeds project. The national evaluation covers all 14 Ageing Better areas and is delivered by Ecorys and Brunel University.
- 2.5** Time to Shine is managed by Leeds Older People's Forum. A staff team provides programme management, communications and administration and support for the local and national evaluation.
- 2.6** The programme is governed by the board of Leeds Older People's Forum and a core partnership of cross-sector partners who bring skills and experience
- 2.7** Leeds Older People's Forum and Leeds City Council (LCC) continue to work closely in partnership. The initial stages of the bid was developed by Leeds City Council who continue to allocate officer support (Public Health and ASC), bringing time, skills and influence to the programme that would otherwise be unavailable.
- 2.8** LCC is working to address these issues through the 'Making Leeds the Best City to Grow Old In' breakthrough project, the Ageing Well Board and a broad

range of intervention services and ways of working; notably the Neighbourhood Networks, asset-based community development and targeted work in areas such as libraries, museums and sport. Leeds is also a member of the UK and the World Health Organisation Global Network of Age Friendly cities.

- 2.9** This work reports to the Ageing Well Board, which is jointly chaired by Public Health and Adult Social Care, and the Breakthrough Project on 'Making Leeds the Best City to grow Old In.' It contributes to the achievement of the Health and Wellbeing Strategy's (HWS) aim for Leeds to be a healthy and caring city for all ages, where people who are the poorest will improve their health the fastest. The work will contribute to the delivery of two of the outcomes; (a) that people in Leeds will live full and active independent lives and (b) that people will live in healthy and sustainable communities and in particular priority two, An age friendly city where people age well.

3 Main issues

3.1 Vision

- 3.1.1 To focus the project, work was undertaken to identify gaps in current service provision and identify those at greatest risk of social isolation and loneliness. As a result, older people identified as 'most at risk' are those:
- Living lives mainly restricted to their homes, through disability, dementia, physical or mental ill-health and caring;
 - Coping with the social and emotional void after loss of a partner, friend or role and struggling to emerge from those shadows;
 - With specific cultural needs relating to ethnicity, faith or sexuality; or
 - In poverty.
- 3.1.2 A 'test and learn' approach is being taken with learning being fed into the project on an ongoing basis to inform the delivery. In addition, findings will be shared with delivery partners and commissioners to influence policy, practice and provision.
- 3.1.3 The project aims to provide personalised activities, acting at individual, neighbourhood and city-wide levels to build circles of support. It is developing preventive social networks as well as supporting lonely people out of isolation.
- 3.1.4 Approach - This is delivered through five main areas of work:
- Catalysts – working to change society's attitudes using intergenerational and cross sector approaches.
 - Connections - Better connections with older people from street level upwards will be crucial within local neighbourhoods and across services, businesses and communities, creating wider and stronger networks.
 - Capacity will be built by nurturing small community groups and strengthening volunteer bases.

- Creating Support - Work to develop support and friendships at home and help for people to get out will be put under way, offering weekend and evening activities.
- Co-production - Older people will co-produce, manage and design activities and engage in their development, evaluation and the dissemination of learning.

3.2 Delivery

3.2.1 One element of the programme is delivery of services and the development of community initiatives. There are currently 23 delivery partners who have been commissioned to deliver innovative projects that fit the target beneficiaries and delivery model outlined above. These are listed below and more detail can be found in the booklet attached as Appendix A, with additional photos in Appendix B.

- Cara: Reconnecting older people of Irish heritage
- Digital Angels: Creating online and offline connections between older people in Leeds
- Sage: Bespoke services for older LGBT people across Leeds
- Street Links: Helping neighbours to look out for each other
- Seniors' Network A.G.E.: Asset-Based Community Development in Gipton
- Leeds Community Connect: Turning underused village venues into vibrant Community Hubs in rural Leeds.
- Raat di Roti: Connecting Punjabi-speaking families and isolated older people to share an evening meal
- More than a Mealtime: Time together over a meal in people's homes or a local restaurant
- Young at Arts: Creating social interaction through culture and the arts
- Lychee Red: Chinese Seniors Befriending and support for local Chinese communities
- Time to Shine BME Elders Networks: Supporting South Asian communities of Leeds.
- Walk with Me: Matching younger volunteers to walk with older local residents
- Walking with Confidence: Increasing older people's independence by walking together

3.2.2 The programme is also developing work to ensure sustainability and learning:

- Local Evaluation: Independent evaluation of the Time to Shine programme
- Learning Facilitation: Time to Shine training and awareness
- Age Friendly Campaign: Working in partnership with LCC Ageing Well officer and the Ageing well Board to make Leeds an age-friendly city.

3.2.3 One project is directly working jointly with health. Supporting Wellbeing and Independence is jointly-funded by the 3 Leeds Clinical Commissioning Groups; it aims to provide intensive support to help frail older people who are socially isolated improve their quality of life. Delivery Partners are: Age UK Leeds, Bramley Elderly Action, Cross Gates and District Good Neighbours' Scheme CIO,

Health for All, Older People's Action in the Locality (OPAL) in partnership with Moor Allerton Elderly Care (MAECare). They will work closely with a range of health and social care providers to identify and support socially isolated older people. Referrals will come from Integrated Neighbourhood Teams, Social Prescribing projects, Memory Support Workers and Age UK Leeds' Hospital to Home service.

- 3.2.4 Small Funds - Leeds Community Foundation (LCF) has been commissioned to manage the Small Funds contract on behalf of the programme. They have developed an easier and more accessible application process for local organisations to apply for funding of between £5,000 - £10,000. The funding is focussed on groups and communities not already being supported through the larger contracts thus expanding the reach and diversity of the overall programme. The project aims to reach those creative grassroots organisations that just need some financial capital to get their ideas off the ground.
- 3.2.5 This part of the programme supports organisations to pilot and develop ideas, learn from their own and others' experience and then share their learning across their communities. There are two rounds of funding each year. Each round has a total budget of approximately £50,000 and has a theme which acts as a guide for applicants. LCF consults with Time to Shine and older people's organisations before deciding on the theme to make sure the fund is responsive to gaps and emerging priorities.
- 3.2.6 The first round had a theme of Carers and Dementia. Projects submitted by Carers Leeds, Horsforth Live at Home Scheme, Neighbourhood Action in Farnley, New Farnley & Moor Top, and the Association of Blind Asians were selected by the panel. A full list of these projects is in the attached June 2016 booklet.
- 3.2.7 Since publication of that booklet, five new small funds projects were chosen in September 2016 to focus specifically on reaching out to older men. These projects will reach a range of individuals including socially isolated men in the Chinese and South Asian communities, men with visual impairments and long term health conditions. The projects address the evidence that a different approach is sometimes required to reach men; shoulder to shoulder rather than face to face, practical activities that can build confidence before conversations about isolation and recognising that many men will not have built robust social networks throughout their lives. The projects are:
- **Association of Blind Asians** - re-establishing links by visiting existing and new BME visually impaired elderly men at home and organise regular groups to reconnect them with their peers and their community.
 - **Happy Panda (Yukuai Xiongmao)** - Engaging Chinese older men who have become isolated due to working unsocial hours in the catering industry - impacting on their relationships with partners and children, educational and language divides emerging with the younger generation and gambling addictions.
 - **St Luke's Cares** - creating an inclusive network of men over 50 who together will repair, restore and upcycle donated furniture, repair and refurbish white goods and support the collection and delivery of items at the St Luke's' CARES furniture warehouse.

- **That Friday Feeling** - a gardening social club accessible to LS10 and LS11 wards which will bring older men out of social isolation, and will also provide a gardening service for older men who cannot manage to maintain their own gardens.
- **Zest Health for Life** (on behalf of the Orion partnership) - a user-led late breakfast club for socially isolated men at an accessible local community venue, offering men a healthy cooked breakfast as well as the opportunity to take part in accompanying activities and referrals to other services.

- 3.2.8 **Age Friendly Leeds** - In October 2015, Leeds City Council's Making Leeds the Best City to Grow Old Breakthrough Project reviewed the 2012 Ageing Well Charter. Further consultation took place with a total of 176 older people throughout Leeds, mainly through facilitated focus groups. Many common themes emerged, which were incorporated into the first draft of the Charter. The first draft was taken back to the original focus groups for comment following which a final version was produced and approved by the Ageing Well Board and Councillor Rebecca Charlwood.
- 3.2.9 The Charter was launched in three localities across Leeds as part of International Day of Older People celebrations in October. The Charter will form the basis of an Age Friendly Leeds action plan.
- 3.2.10 The themes for the third and fourth rounds will be Communication and Relationships.

More information about all the Time to Shine projects is on the [Time to Shine Campaign Website](#).

3.2.11

3.3 Raising the profile of social isolation across the city

- 3.3.1 Social Isolation has been a high profile issue in national and local media. Time to Shine has sought to capitalise on this to further profile raise locally, to provide a local context and give opportunities for older people to have a voice by telling their own stories. A multi-pronged approach has been taken:

Traditional Media:

- Press releases to promote articles in newspapers (Yorkshire Post, Evening Post, and local publications) about the activities run by our delivery partners and the launch of the refreshed Age Friendly Charter.
- Interviews on radio (BBC Radio Leeds) highlighting the work of the Age Friendly and Learning projects.
- Made in Leeds TV to promote the work of the projects and events such as the mellow space at Leeds Pride.
- Armley Billboard- spreading the word, out in our communities.

Social Media:

- Facebook - 58 page likes;
- Twitter in the last quarter (July - September 2016) alone we had 293 new followers, 212 mentions, 7013 visits to our profile page and 1224 engagements (link clicks, likes, retweets, replies)
- Blogging 36 blog posts in the last quarter

Promotional activities

- Time to Shine One-Year Celebratory Event at the West Yorkshire Playhouse which was a showcase of the work so far from our delivery partners and was attended by over 200 people.
- Summer Festivals (Kirkstall, Otley, Holbeck, Hunslet and others) to connect with individuals in different geographical communities.
- Leeds Pride, developed with the Sage project. A mellow space at Lambert's Yard, right at the heart of Pride yet removed from the hustle and bustle. Our first attempt at co-designing age friendly spaces at some of the city's most vibrant cultural events.
- We also had an information stall along Call Lane staffed by members of the team and older volunteers.
- Temporary tattoos. A good conversation starter and a visual way to show support. Hundreds of people wore our tattoos with pride over the summer months.
- Loneliness and Me. A short film made with older people in Leeds telling their stories of social isolation. <http://www.timetoshineleeds.org/press-media/campaign-loneliness-and-me>

3.4 Impact and learning

- 3.4.1 Ageing Better is a strategic programme focused on testing out approaches, collecting evidence and sharing learning. Leeds is one of 14 Ageing Better areas funded by the Big Lottery in England and as a result, Time to Shine is heavily involved in evaluation at both a local and national level. The Ageing Better programme guidance document states that:

“The goal is that, as older people become less socially isolated, they will be more active, healthier and happier for longer, with the wider public appreciating better the positive role that older people can play in their communities. In doing this, we aim to establish learning and evidence that will inform future policy and practice so that our funding delivers sustainable improvements to reducing social isolation amongst older people”

- 3.4.2 Monitoring and evaluation has four main strands within Time to Shine.

- i. National evaluation, led an independent research company called Ecorys
- ii. Local evaluation, led by the Centre for International Research on Care, Labour and Equalities (CIRCLE)
- iii. Evaluating progress towards the four Time to Shine outcomes agreed with the Big Lottery
- iv. Contract monitoring

3.4.3 Details of the monitoring and evaluation strands are in Appendix C.

4 Asset Based Community Development within Time to Shine

- 4.1** In 2015 Time to Shine commissioned five delivery partner projects to implement an Asset Based Community Development (ABCD) approach. This was in line with the values outlined in the original project plan that we were committed to, “Making the best use of, building on and valuing existing skills, organisations and funds”, and the wider approach being promoted within Leeds City Council. Projects were commissioned to build on the work already started by Richmond Hill Elderly Action (RHEA) through their Street Links initiative and the Seniors Networks (SeNS) project funded through the European Union and managed by Adult Social Care.
- 4.2** Time to Shine commissioned an extension to Street Links to explore whether the model could be replicated in a different part of the ward which had less physical community assets and a demographically different population to those living in the pilot area.
- 4.3** Four ‘SeNS’ (Seniors Networks) projects were also commissioned. Two geographical; Gipton Elderly Aid in Gipton and Rural Action Yorkshire (RAY) in Swillington, Scholes, Collingham, Thorer and East Keswick and two working with BME communities; Health for All working with South Asian seniors and Leeds Irish Health and Homes working to reconnect with members of the Irish community.
- 4.4** All five projects have developed in different ways in response to the assets they have uncovered and the skills and knowledge of the community connectors involved.
- 4.5** RAY have utilised previously underused village halls in their Community Connect project to set up hubs for local people to come together and plan activities to engage isolated older people. Audits were undertaken at the beginning to make sure that any project started would have strong enough community assets to build on to achieve some ongoing sustainability. They have told us that, “Older people make the decisions about what we offer and how it is delivered. Older people sit on the steering groups, volunteer, write the newsletters and tell us what is working and what is not. They control how the activity budget is spent and agree the programming and structure of the hubs.”
- 4.6** Each hub started by mapping out local assets so that as they engaged isolated people the projects would develop with local people and resources, firmly anchoring the projects in their localities.

- 4.7** Our hubs are growing and developing their independence as the project progresses. For example, the Swillington hub now organise their own trips through a Disability Transport Service; they work out the costs, offer places on a first come first served basis and deal with the finances themselves. They also organised their own Macmillan Coffee Morning, seeking donations from local businesses, distributing their own posters and raising £430. The Scholes hub writes and distributes their own newsletters and the Brass Group is writing a constitution and opening a bank account so that it can bid for funds as a community organisation. The Scholes hub chose to represent themselves at the annual Scholes Gala and also contributed a flower display for the Village Flower Festival.
- 4.8** Cara (the project managed by Leeds Irish Health and Homes) has found that the assets in their community have been scattered as the population dispersed from areas once considered Irish strongholds and many traditional social venues no longer exist. They have promoted the project in a number of universal services; supermarkets, betting shops, cafes and pubs to extend their reach. Activities have been based around a variety of cultural experiences familiar to older Irish people, tea dances, Irish music sessions and cinema clubs. “We have organised events and activities in different locations, such as pop up cinema with Burmantofts Neighbourhood Network Scheme which is about being involved in their local community not just the Irish community.” The project has a strong emphasis on rekindling friendships and memories over a shared understanding of what it means to be Irish and to have grown older in Leeds.
- 4.9** Two of the Cara volunteers, Heather and Mary who have become friends through being part of the project were interviewed and explained what it meant to them to be involved:

Heather: *“Much happier, stepping out a bit more, I’ve got back into the workforce.”*

Mary: *“ We keep contact here at Cara, contact with the unseen, the people sat at home, maybe drinking on an evening, I had to give myself a little talk about that. You need to have friends to talk to, someone outside your family, you are a different person with your friends than with family. Family have their own problems. You need someone for you - Cara can do that.”*

5 Contract Review

- 5.1** In autumn 2016 the Time to Shine programme managers commenced a review of the existing two year contracts. The review is considering the performance of the projects; their reach to socially isolated older people, their impact and the learning that has been gained for the programme and can be shared across the city. The evidence being used in the reviews is:
- CMFs – they will be used to look at the types of isolation being presented by beneficiaries and the characteristics of participants.
 - The CIRCLE interim report. This will provide a synopsis of each project. The report will be based on 1:1 interviews - people’s experience of the project,

focus groups, what approaches seem to be working-based around the four Time to Shine outcomes.

- Engagement with the local and national evaluation and monitoring processes. Case studies, blogs, social media and conventional media engagement.
- Stakeholder questionnaires developed using a Leeds City Council template.
- Delivery partner questionnaires.
- Notes from quarterly contract meetings, progress against outcomes, outputs (targets) and contract compliance.

5.2 Reports, with recommendations, from the review will be presented to the core partnership in November 2016 and decisions will be then be made about the future funding for each project. Projects will be informed of the decisions in December 2016.

5.3 Once the recommendations have been agreed for the current projects the budget available for the next commissioning round will be clear. Information as to where we have gaps in reaching our priority groups will also be available to support the partnership in their consideration of the priorities to be addressed through future activity.

6 Social isolation data

6.1 Social Isolation Index - A local index has been produced to help us understand where socially isolated older people live. Demographic data for the common factors understood to contribute towards social isolation have been used. They include: those with dementia, those living alone. A number of local authorities across the country have produced similar such indexes.

6.2 Building a model: The University of Leeds (UoL) tested the first index and made recommendations for how to refine it. Public Health Intelligence then developed a second version of the index incorporating the fields recommended by UoL. Within the development process two distinct high risk groups were identified:

- **Group 1** Deprived, Long Term Conditions, higher rates of LD and living in areas with higher crime rates;
- **Group 2** Older, Poor Overall Health, higher rates of dementia and depression, possibly suffering from sight loss.
- The index can be used to inform future commissioning priorities and used by organisations to target their work.

6.3 Population Survey - Ecorys has produced a first phase 'area impact study'. The aim of this is to measure the impact of the Time to Shine programme in Leeds. This baseline report gives us an indication of levels of social isolation among older people at June 2016.

6.4 Data was collected from 463 people aged 63+ from three representative wards in Leeds. As well as collecting socio-demographics, the survey collected a

range of data on older people's social participation, social contact, social isolation, mental health and well-being. The data is compared to that collected from all other Ageing Better areas (13 local authority areas) and the English Longitudinal Study Of Ageing (ELSA).

- 6.5** Workshops took place throughout November in locations around the city to disseminate findings.

7 Using the learning from the first twelve months of the programme

- 7.1** Following the test and learn approach the members of the core partnership reviewed their joint understanding of the development of the programme over the first twelve months in order to reflect on progress and to plan future strategy. Looking at a range of assumptions that had been communicated to the programme staff, the following conclusions were agreed and will be re-asserted over the next twelve months:

- Reaching socially isolated people is not easy! Social isolation is very complex and multifaceted and a range of approaches are required to reach people at different stages of isolation. We still need to develop our understanding of how older people become isolated and, most importantly, what makes the difference and is the trigger to start the journey back towards being connected.
- Funding will continue to be targeted towards meeting the needs of the priority groups identified in the initial consultation but will be flexible to meet emerging needs. The partnership is satisfied that the programme has a good spread of projects and that targeting the promotion of new funding opportunities has helped to fill some of the gaps.
- Future commissioning rounds will be informed by a range of intelligence including the area impact survey and the Social Isolation index but this information won't be used to ring-fence funding pots for specific geographical areas.
- Time to Shine is a city-wide programme aiming to bring about sustainable change; it is not just a funding pot and must be more than a collection of projects. To achieve this aim the cohesive strategy needs to be maintained where all projects contribute to the agreed outcomes.
- Following from this the learning from the programme must be shared widely between and across the full range of stakeholders to gain full impact.
- Social isolation and loneliness must be embedded across systems beyond the lifetime of Time to Shine. The core partnership is heartened that conversations about isolation and loneliness are becoming more commonplace and welcome this positive change.
- Learning from Time To Shine will inform the review and re-commissioning of the Neighbourhood Networks in Leeds.

8 Next steps

- 8.1** Review of front-line delivery from all delivery partners contracted to deliver in the first two years of the programme.
- 8.2** Learning from the review will be used to refine the commissioning process in preparation for the next round of commissioning activity.
- 8.3** Continued roll out of the Leeds Community Foundation small funds scheme to support a wider range of delivery partners and to provide a rapid response to emerging needs.
- 8.4** Local and national monitoring systems will be developed and embedded. Training for delivery partners will continue to be provided and the findings from the first six-month progress report will be considered.

9 Locality social isolation initiatives

- 9.1** During 2015 a number of the Community Committees identified social isolation as one of their priorities and held themed meetings to consider how they can support activities to address social isolation in their localities. Examples of activities which have been developed including:
 - A programme of work developed by the Chapeltown & Harehills Health and Wellbeing Partnership and Leeds Beckett University;
 - Work with the East North East Environmental Action Team to better identify households vulnerable to social isolation with a view to then providing targeted interventions;
 - The Orion partnership, (a consortium of Feel Good Factor, Shantona Women's Centre, Space2 and Zest Health for Life) are working individually and collectively aim to help reduce social isolation in the most deprived communities they serve.
 - Part funding from the Outer East Community Committee for a Community Engagement Worker to support specific needs around social isolation and dementia of older people across the Outer East. The worker will be employed by Garforth NET.
 - A gardening scheme supported by the Outer South Community Committee. Older people benefit from being able to sit in their garden or walk around it with the aim of promoting wellbeing and a healthier lifestyle; it also provides human contact for lonely and isolated older people.
 - Four successful Big Lunch events in the three Outer West wards which provided an opportunity for old friends to come together to enjoy each other's company over some tea, food and entertainment.
 - Care View, a downloadable and free phone app designed to help people register their concern about people in their community, piloted in West Leeds.

The app suggests a range of triggers such as post piling up or overgrown gardens and this information generates a heat map which can be followed up by an appropriate service.

10 City-wide Social Isolation Initiatives

- 10.1** Historypin Connections (Leeds Libraries) - Historypin Connections is a 15 month project funded by Big Lottery with Leeds Libraries and the community archiving website Historypin (www.historypin.org). Outreach reminiscence sessions with older adults are taking place on a group and individual basis. Oral recordings and stories and photographs are added to the Historypin Connections: Leeds page of the website. The aims of the project include collecting 100 unique stories from across the city to paint a realistic and relatable picture of the history of Leeds. Another aim is to start tackling possible feelings of social isolation in older people by giving them the opportunity to make an important contribution to a large community archiving project with their individual stories and by sign-posting and encouraging them to take part in group activities run by Libraries and by our partners across the city. In the past 4 months the project has engaged with over 150 older adults throughout all areas of Leeds.
- 10.2** HomeShare (Leeds City Council) - A Homeshare is an arrangement whereby an older person offers affordable accommodation in return for support and companionship. Support can include help with daily tasks such as cleaning, shopping, gardening and getting out and about. Leeds HomeShare scheme is funded by Big Lottery and is run by Leeds City Council in partnership with St Anne's Community Services, Care and Repair Leeds, Leeds Older People's Forum and Leeds Beckett University. The scheme was launched in August 2016.

11 Corporate considerations

11.1 Consultation and engagement

- 11.2.1 In drawing up the bid, and developing the vision for 'Time to Shine', some 863 older people, carers, community workers and decision makers from across the city were consulted.
- 11.2.2 The Core Partnership comprises 12 organisations with an interest in representing the needs of older people: Age UK Leeds, Alzheimer's Society, Care & Repair Leeds, Circle (University of Sheffield), Feel Good Factor, Growing Old Gracefully, Leeds Irish Health and Homes, Leeds Older People's Forum (lead partner), Men who have sex with men: action in the community (MESMAC), Public Health (Leeds City Council), Tenfold (Leeds Learning Disability Forum), and West Yorkshire Playhouse.
- 11.2.3 One of the outcomes of Time to Shine is for older people to be actively involved in managing, designing, delivering and evaluating the project.
- 11.2.4 Involving older people in the evaluation and as 'peer researchers' forms a key element to the evaluation approach.

- 11.2.5 Consultation with 176 older people in Leeds informed the production of the Age Friendly Charter.

11.3 Equality and diversity / cohesion and integration

- 11.3.1 Work has been undertaken to identify gaps in current service provision and identify those older people at greatest risk of social isolation and loneliness. From this a number of groups have been identified and the project aims to focus on these including older men, lesbian, gay, bisexual and transgender older people (LGBT), black and minority ethnic (BME) elders and learning disabled older people.
- 11.3.2 Plans are in place for engaging beneficiaries at all levels and in particular in engaging with hard-to-reach groups and overcoming communication barriers. In terms of the local evaluation of Time to Shine, one of the recent focus groups was created for Punjabi-speakers, as currently two delivery partners and one small funds delivery partner are working with this community. Lychee Red Chinese Seniors is one of the projects chosen as a case study by the local evaluation team and a translator was arranged to help facilitate this.
- 11.3.3 In terms of the CMF questionnaires which are part of the national evaluation, delivery partners have been very committed to involving beneficiaries for whom English is a second language by verbally translating the document. This support has been invaluable and has resulted in 84 CMF questionnaires being completed (from a total of 339 received by 25 October 2016) which otherwise would not have been possible. As a result of regular and consistent feedback to the Big Lottery Fund, a selection of written translations of the CMF questionnaires were received in September 2016 and this will make it easier for a diverse group of participants and volunteers to contribute evidence to the national evaluation.
- 11.3.4 An equality impact assessment has been completed on the project plan.

11.4 Council policies and best council plan

- 11.4.1 The programme of work to tackle loneliness and social isolation reflects the ambition of the Best Council Plan to keep building a strong economy and working compassionately to tackle poverty and disadvantage.
- 11.4.2 The programme contributes to priorities 2 (An Age Friendly City where people age well) and 3 (Strong, engaged and well connected communities).
- 11.4.3 The approach set out in the 'Time to Shine' project is part of the wider work on loneliness and social isolation which forms part of the Making Leeds the Best City to Grow Old in breakthrough project.
- 11.4.4 The programme supports the vision of the Joint Health and Wellbeing Strategy, 'Leeds will be a healthy and caring city for all ages, where people who are the poorest improve their health the fastest', and contributes to outcome 2: People will live full, active and independent lives, and outcome 5: People will live in healthy, safe and sustainable communities.

11.4.5 It also recognises the requirements of the 2014 Care Act which puts a greater emphasis on supporting and encouraging people to lead healthy lives which will reduce the chances of them needing more support in the future

11.5 Resources and value for money

11.5.1 The 'Time to Shine' project has secured £6 million of funding into the city and with further funding also being secured to deliver additional projects to tackle social isolation.

11.5.2 Time to Shine has enabled delivery partners and the programme as a whole to attract additional funding in support of Time to Shine activities and learning. For example, CIRCLE has secured PhD funding of £58,000 over 3 years from the Economic and Social Research Council (ESRC). The PhD is provisionally entitled 'The role of co-production in combatting social isolation and loneliness in later life: a case study of the Time to Shine programme'. The methodology is expected to include literature review; semi-structured research interviews; observation; documentary analysis; focus or discussion group interviews; questionnaire survey and evaluation methods.

11.5.3 Time to Shine is also able support the objectives of other strategic programmes in Leeds and add value to service delivery through partnership working. For example, the Supporting Wellbeing, Independence and Frailty (SWIFt) project meets key objectives of Leeds Clinical Commissioning Groups (CCGs) and Time to Shine. SWIFt projects have been commissioned jointly with funding of £120,000 from Time to Shine and a total of £120,000 funding from the three Leeds CCGs secured for the first year of the two-year SWIFt project.

11.5.4 Work undertaken by Council officers to support the development and delivery of the project has taken place within existing Council budgets.

11.5.5 Whole-system savings can be anticipated in helping people maintain better physical and mental health with a reduced need for costly social care and medical interventions.

11.5.6 The evaluations will be used to inform future delivery and commissioning activity, including options for when this programme funding ends.

11.6 Legal Implications, access to information and call In

11.6.1 There are no legal implications for the Council

11.7 Risk management

11.7.1 An analysis of risk and a plan for managing risk is a part of the Time to Shine project plan and has been approved by the Big Lottery Fund.

11.7.2 The main components of the Time to Shine risk register are:

- Commissioning and procurement
- Monitoring and evaluation

- Governance

11.7.3 The Partnership Board has three main sub groups one of which has oversight for risk management.

12 Conclusions

12.1 Loneliness and social isolation blight both individual lives and society through unhappiness and ill-health. The project has consulted widely among Leeds's older people and professionals and organisations who work with them. It has identified those groups who are most at risk and the barriers lonely people face in building social contacts.

12.2 The 'Time to Shine' Project has made significant progress over the last year to develop and implement its project plan. This has included the commissioning of 23 delivery partners to provide a number of innovative activities across the city to address social isolation within the community. A total of £1 million has been committed through this first round of commissioning.

12.3 The 'Time to Shine' Project has been instrumental in raising the profile of social isolation across the city and a number of events, activities and projects have been initiated ensuring social isolation remains a priority for the city.

12.4 The positive engagement and initial successes, including winning the bid in the first instance, demonstrates the value of effective co-production with communities.

13 Recommendations

Members of the Executive Board are recommended to:

- Receive this report updating members on the progress of the project.
- Welcome the progress made in the development and delivery of the 'Time to Shine' project.
- Recognise the positive impact that the work on tackling loneliness and social isolation will have and the contribution it will make towards the breakthrough project 'Making Leeds the Best City to Grow Old In'.
- Commend the excellent work of Leeds Older People's Forum in leading the project.
- Note the lead officers responsible for ensuring updates are brought are the Consultant in Public Health (Older People) and the Interim Chief Officer Commissioning, Adult Social Care.
- Note the added value and impact this work in local areas.

14 Background documents¹

None

¹ The background documents listed in this section are available to download from the Council's website, unless they contain confidential or exempt information. The list of background documents does not include published works.