



Time to Shine

Making Leeds less isolated,
one older person at a time

June
2016



LOTTERY FUNDED



There are 246,000 older people in Leeds and it's estimated that about 15% (37,000 people) are lonely or socially isolated.

Time to Shine is funded by the Big Lottery Fund's Fulfilling Lives: Ageing Better programme. Time to Shine selects partners across Leeds to deliver unique and creative projects that reduce social isolation and loneliness amongst people over 50.

This booklet celebrates some of the achievements from our first year and contains information about all current Time to Shine projects. Visit www.timetoshineleeds.org/Projects for more details.

New people are always welcome so please join an activity, volunteer, or get involved in any way you can.



Time to shine is working towards four ambitious outcomes by 2021.

Older people:

- 1. Are less isolated**
- 2. Feel confident to participate in their communities**
- 3. Are actively involved in the design and delivery of Time to Shine**

Organisations:

- 4. Work better together to coordinate services and support for isolated older people**



Photo credit: Mat Dale

Cara

Reconnecting older people of Irish heritage

Cara means “friend” in Irish. Volunteers visit older people of Irish heritage in their homes to make sure they can stay connected as they reach later life. Support is offered to help people get involved in social and cultural activities and to meet old and new friends.

- 📍 City-wide
- 🏠 Leeds Irish Health and Homes
- ✉️ sara.allkins@lihh.org
- ☎️ 0113 262 5614

LEEDS IRISH HEALTH & HOMES | care culture community



Photo credit: Richard Kestell

Digital Angels

Creating online and offline connections between older people in Leeds

Staff and volunteers assist older people to get online for the first time, supporting learners in their home and over the phone. Digital tea parties in community centres and libraries introduce learners to each other – in person or via Skype – and help unlock the mystery of the World Wide Web.

- 📍 City-wide
- 🏠 Age UK Leeds
- ✉️ frontofhouse@ageukleeds.org.uk
- ☎️ 0113 389 3000

Leeds
ageUK



Photo credit: Sage

Sage

Bespoke services for older LGBT people across Leeds

A group of older Lesbian, Gay, Bisexual, Trans (LGBT) people create a programme of activities which are fun and easy to access by people over 50. The team also work to strengthen the LGBT inclusivity of existing services through training and partnership work.

(Trans is an umbrella term referring to all gender-nonconforming identities)

- 📍 City-wide
- 🏠 Yorkshire MESMAC, Age UK Leeds
- ✉ j.woods@mesmac.co.uk
- ☎ 0113 244 4209 / 07736 151 895



Photo credit: Time to Shine

Street Links

Helping neighbours to look out for each other

Old-fashioned community spirit lives on as local people are invited to become Street Agents to take the active but non-intrusive role of a good neighbour to older people in their community.

- 📍 Richmond Hill
- 🏠 Richmond Hill Elderly Action (RHEA)
- ✉ info@rhea-leeds.org.uk
- ☎ 0113 248 5200





Photo credit: Andrew Withey

Seniors' Network A.G.E.

Asset-Based Community Development in Gipton

Active community members and community connectors chat to older neighbours and help them to find common interests, share skills and assets, and set up new social activities.

- 📍 Gipton
- 🏠 Action for Gipton Elderly (A.G.E)
- ✉ age.gipton@talktalk.net
- ☎ 0113 240 9784



Photo credit: Jonathan Turner

Leeds Community Connect

Turning underused village venues into vibrant Community Hubs in rural Leeds

Steered by local older people and supported by a team of volunteers, these Community Hubs offer a varied programme of activities where older people come together on a regular basis to socialise, learn and have fun.

- 📍 Rural Leeds, various locations
- 🏠 Rural Action Yorkshire
- ✉ becky.bracey@ruralyorkshire.org.uk
- ☎ 0845 313 0270



Photo credit: Paula Solloway

Raat di Roti

Connecting Punjabi-speaking families and isolated older people to share an evening meal

Raat di Roti means “evening meal” in Punjabi. Volunteers invite an older person to share their evening meal and, through the ritual of eating together, exchange stories and wisdom and develop a stronger sense of community.

- 📍 City-wide
- 🏠 Touchstone
- ✉️ jesvindert@touchstonesupport.co.uk
- ☎️ 0113 219 2727 and 0113 216 3143



Photo credit: Lotty Wiltshaw

More than a Mealtime

Time together over a meal in people's homes or a local restaurant

Volunteers visit older people in their own homes to make and share a meal. Single people who can travel independently are invited to share a table at a local restaurant for a self-funded meal. An older volunteer greets people and helps conversations to flow.

- 📍 Cross Gates
- 🏠 Cross Gates and District Good Neighbours' Scheme CIO
- ✉️ claire@crossgatesgns.org.uk
- ☎️ 0113 260 6565





Photo credit: David Lindsay

Young at Arts

Creating social interaction through culture and the arts

Older people are supported to try something new and participate in art, theatre, music and dance as a way to make connections, develop relationships and combat social isolation. Older adults are also involved in designing exciting arts activities across the city.

- 📍 City-wide
- 🏠 Yorkshire Dance and Leeds Education Arts Forum (LEAF)
- ✉️ ShabinaAslam@yorkshiredance.com
- ☎️ 0113 243 9867

**YOUNG
AT ARTS**



Photo credit: Andrew Withey

Lychee Red Chinese Seniors

Befriending and support for local Chinese communities

Chinese elders come together to share a meal and then stay on for social activities, games, exercise and entertainment, supported by a team of bilingual volunteers from local Chinese communities.

- 📍 City-wide, focus on south Leeds
- 🏠 Health For All
- ✉️ hua.liu@healthforall.org.uk
- ☎️ 0113 271 7231 or 07930 250 508


health for all
CHANGING LIVES. TRANSFORMING COMMUNITIES

Small Funds

Time to Shine funding for local organisations

Local organisations apply for between £5,000 and £10,000 for a 12-month project which helps to reduce social isolation and loneliness. There are two funding rounds per year with a different theme in each round.

- 📍 City-wide
- 🏠 Leeds Community Foundation
- ✉ grants@leedscf.org.uk
- ☎ 0113 242 2426



The first round of Small Funds focused on carers and dementia and the following organisations were selected:

Carers Leeds

Volunteers deliver informal support over the phone and face-to-face to carers of people with dementia. Staff support this network of volunteers to ensure a high-quality of service.

📍 City-wide

✉ info@carersleeds.org.uk

☎ 0113 246 8338



Neighbourhood Action in Farnley, New Farnley & Moor Top

Farnley Friendly Faces offers company and conversation to older people who are isolated because of dementia or memory loss and can no longer get out and about independently. A member of staff mentors and supports all volunteer befrienders.

📍 Farnley, New Farnley & Moor Top

✉ neighbourhoodaction@hotmail.com

☎ 0113 263 2945



Horsforth Live at Home Scheme

Walk and Talk volunteers are trained as dementia-friendly walk leaders. They organise woodland and park walks for older people with dementia, and their carers, to enjoy the benefits of nature and being outdoors away from the stresses of home life.

📍 Horsforth

✉ horsforth.liveathome@mha.org.uk

☎ 0113 259 1511



Association of Blind Asians

Weekly sessions help carers learn their own rights and entitlements, understand how to best support their visually-impaired dependents and get to know other carers. The sessions are a mixture of information, relaxation activities and social time.

📍 City-wide

✉ thamannat@abaleeds.org.uk

☎ 0113 210 3347





Photo credit: Sean Tunnicliffe

Time to Shine BME Elders Networks

Supporting South Asian communities of Leeds

New members are warmly welcomed into Elders' Networks for activities which are fun, sociable, culturally-appropriate and sensitive to the needs of older people. The programme of activities is designed by older people and is supported by bilingual staff and volunteers.

- 📍 City-wide
- 🏠 Health for All
- ✉ balwinder.kaur@healthforall.org.uk
- ☎ 07590 182627 / 0113 270 6903



Photo credit: Jeff Platts

Walk with Me

Matching younger volunteers to walk with older local residents

Volunteers aged 18+ support older people to get out and about in their local area, building up friendships and making connections which help people to feel part of a community.

- 📍 Chapeltown, Chapel Allerton, Meanwood and Scott Hall
- 🏠 Feel Good Factor
- ✉ jeff@fgfleeds.org
- ☎ 0113 350 4200





Photo credit: Age UK Leeds

Walking with Confidence

Increasing older people's independence by walking together

Trained volunteers offer support and a reassuring presence for up to 12 weeks to help older people get out and about on foot, mobility scooter or public transport. A goal is set – such as to visit a shop, pub or a friend's house – and volunteers and older people work towards achieving this together.

- 📍 City-wide
- 🏠 Age UK Leeds
- ✉️ adie@ageukleeds.org.uk
- ☎️ 0113 389 3000



Photo credit: CIRCLE

Local Evaluation

Independent evaluation of the Time to Shine programme

This academic research, conducted by the University of Sheffield, Leeds Beckett University and Leeds Trinity University, helps to explain the approaches which work well to reduce social isolation so that the right services can be commissioned in the future. Older people are invited to become volunteer peer researchers to help gather the stories and experiences of people involved.

- 📍 City-wide
- 🏠 CIRCLE
- ✉️ s.alden@sheffield.ac.uk





Photo credit: Peter Howarth

Learning Facilitation

Time to Shine training and awareness

Time to Shine offers a comprehensive training programme for older people, volunteers and staff to raise awareness of loneliness and share key messages. Training is provided across Leeds, focusing on the causes and effects of social isolation and the ways in which this can be reduced.

- 📍 City-wide
- 🏠 Time to Shine at Leeds Older People's Forum
- ✉ Learning Facilitator: hanna@opforum.org.uk
- ✉ Age Friendly Campaign Officer: emily@opforum.org.uk
- ☎ 0113 244 1697



Photo Credit: Mat Dale

Age Friendly Campaign

Working in partnership to make Leeds an age-friendly city

By speaking to older people all over Leeds we find out about life as an older person, and what could be better, following guidelines laid out by the World Health Organisation. This information helps to shape Time to Shine and will be incorporated into an Age Friendly Charter for the city of Leeds.

**Time to
Shine**

Time to Shine is evolving.

New projects for 2016 include:

Small Funds (future rounds)

Targeting funding where it is needed – round two is focused on men and round three on communication. Suggestions for future themes are welcome.

Supporting Wellbeing (Autumn 2016 onwards)

Part-funded by Clinical Commissioning Groups across Leeds, this project provides intensive support to help frail older people improve their quality of life.

Delivery Partners:

- Age UK Leeds
- Bramley Elderly Action
- Cross Gates and District Good Neighbours' Scheme CIO
- Health for All
- OPAL in partnership with MAECare

Learning Disability Community Development (late 2016 onwards)

Understanding learning disabled older people's wishes for different and better social opportunities.



Year One Achievements

Time to Shine reached almost 2,300 people in Leeds. Of these:

28% Older people actively participating in Time to Shine activities

14% Older people attending one-off events

6% Older volunteers involved in delivery partner projects

£6 million awarded by the Big Lottery Fund to be spent by 2021

Over £1.1 million of funding committed for years 1 and 2

Programme managers recruited

15 delivery partner projects well underway

April

May

June

July

August

September





29% Older people consulted by delivery partners to help shape their projects



2% Younger volunteers involved in delivery partner projects

Twitter account has 15 followers

Time to Shine website goes live

Time to Shine reaches almost 2,300 people in Leeds

21% Other

Twitter account has 587 followers

October

November

December

January

February

March

Quotes & Feedback

“You don’t go anywhere on your own because you might feel embarrassed or because there used to be a stigma against women going out by themselves. This way you have someone to talk to and you can learn what’s going on.”

- **More than a Mealtime participant**

“I feel so much better – this project has really helped me a lot. My health has improved and I feel more positive.”

- **Mary, Walking with Confidence**

“At the Breakfast Club we care for each other, look after each other. Like family.”

- **Lang, Lychee Red Chinese Seniors**

“Brilliant fun and great to share our memories. Thank you so much for putting on such a lovely social group and building confidences.”

- **Angie, Young at Arts**

“It was a really enjoyable afternoon, it was great to meet volunteers from the Swillington hub and also gain ideas from the other projects”

- **Maurice, Leeds Community Connect**

“We just seemed to click; we met here through Cara, we didn’t know each other before...We are part of the committee and we enjoy that. We are having new experiences all the time; I’ve lived here years but I’m finding out about stuff only now!”

- **Mary and Heather, Cara**

“I am enjoying coming so much! I was not prepared to come at first and now I’m not prepared to quit the group! I have also joined another group and go there with my husband”

- **Time to Shine BME Network participant**

Real-Life Stories

Young at Arts

In January 2016 an older woman who lives alone went to see her G.P. She is isolated due to ill-health, rarely spoke to people and half-jokingly said she was afraid she would be found dead in her flat weeks after she had died. This alarmed the doctor who set about trying to find her some help.

He contacted the Council who referred her to Richmond Hill Elderly Action. An outreach worker visited her at home and suggested she attend the Young at Arts workshops being held locally. A taxi brings her to and from the workshops and she values the attention and the resources being spent on her.

Over eight weeks she has enjoyed contemporary dance with Yorkshire Dance, singing with Opera North and storytelling with West Yorkshire Playhouse.



Seniors' Networks A.G.E.

A community connector visited all older residents living nearby to build up relationships and talk about ideas for new Time to Shine social activities. During one of these visits, someone confided that they often heard their 87-year-old neighbour coughing and were worried about him as he had no family support. In response, staff from Action for Gipton Elderly visited regularly, encouraged him to see a doctor and helped him during his recovery.

This man has since started to join his neighbours in fish and chip social evenings and is now regularly involved, enjoying time with his new friends and feeling like he has a new lease of life.

Time to Shine BME Networks

An elderly Indian woman was referred to Time to Shine BME Network by a group leader. She was very isolated as she wasn't going out.

She was very low in confidence and was worried about what the community would think of her if she started socialising outside after her husband had passed away.

Staff visited her in August and organised for her to join in the community group but she was reluctant. After numerous befriending calls and home visits she was supported to go to her first group in November.

The client said: "I'm very happy now. I met my old friends in the group and have also made new friends. I look forward to attending the group and I'm more active than before as I do yoga and chair-based exercises."

Leeds Community Connect

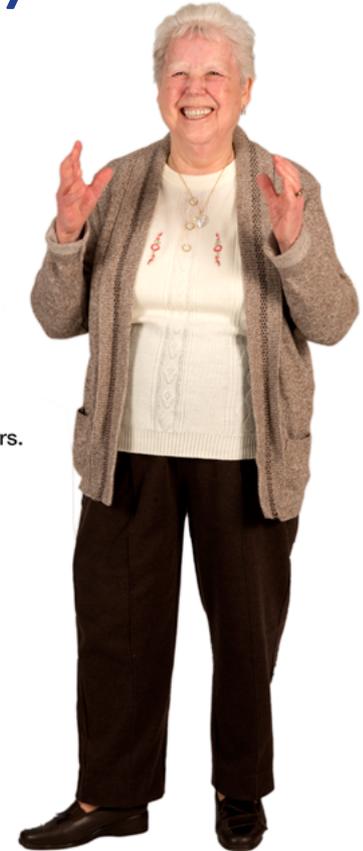
Looking at Life

I haven't time to be lonely.
It's making sure you break the day.
I have to get out, see what's going on.
I'm very friendly.

When my husband died, it was different.
I had to push myself.
It was that or stay in the house forever.
So I went back to college, studied computers.

It's making sure there's somewhere to go.
You do what you can for yourself.
I just like meeting new people.
It's how you look at life.

For Dorothy



Credit: Lizzie Coombes & Peter Spafford

Test & Learn

The Time to Shine programme has a test-and-learn approach. Delivery partners are encouraged to do things differently and try out new ways of working so that Time to Shine reaches out to the most isolated older people.

Some of the key learning points from the first year are:

- Aligning supply and demand between participants and volunteers is challenging at times so flexibility is needed from delivery partners and commissioners.
- Collecting evidence relating to older people's feelings of social isolation and loneliness must be balanced with the need to welcome and encourage older people to take part for the first time.
- Far fewer men than women participate in Time to Shine projects, so men are the focus of a future Time to Shine Small Funds commissioning round.
- Consultation with older people has regularly highlighted the desire to go on dates and to form relationships as a way to combat social isolation and loneliness in later life, so this will be explored further as the programme develops.
- So far, 165 older people have completed a detailed questionnaire, which includes information about how often they see family, friends or children. This data will help Time to Shine to adapt the programme over time and evaluate its success.
- Clear guidance around monitoring and evaluation requirements is essential.
- Transport remains a significant underlying issue which is inextricably linked to the problems of social isolation.

Time to Shine is managed by Leeds Older People's Forum (LOPF) and funded by the Big Lottery Fund's Fulfilling Lives: Ageing Better programme.

Core partnership members, many who are over 50, steer the programme and make strategic decisions, working closely with the Time to Shine staff team and the LOPF board of trustees.

 www.timetoshineleeds.org

 [@ttsleeds](https://twitter.com/@ttsleeds)

 facebook.com/timetoshineleeds

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