

Report of the Director of Adults and Health and the Director of Public Health

Report to Executive Board

Date: 13th December 2017

Subject: Out of the Shadows: TIME TO SHINE PROGRAMME

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: N/A Appendix number:	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No

Summary of main issues

The purpose of this report is to brief Executive Board members on activities and impact of the 'Time to Shine' programme that is led by Leeds Older People's Forum (LOPF) on behalf of the city during 2017. The report features the progress made in; tackling social isolation and loneliness among older people in Leeds; understanding what works in reducing isolation and loneliness and how the programme is leading to change at an individual, local, and citywide level since the last annual report in December 2016.

The report 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:

- I. Receive this report updating members on the progress of the programme.
- II. Welcome the progress made in the development and delivery of the 'Time to Shine' programme.
- III. 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'.
- IV. Give recognition that social isolation and loneliness is a complex issue for which there are no simple 'one size fits all' solutions. Time to Shine is a

learning programme which will give greatest impact when learning is widely adopted through commissioning and direct delivery.

- V. Commend the excellent work of Leeds Older People's Forum in leading the programme.
- VI. Note the lead officers responsible for ensuring updates are brought are the Chief Officer/Consultant in Public Health (Older People) and the Deputy Director for Integrated Commissioning.
- VII. Note the value and impact of this work in local areas.

1 Purpose of this report

- 1.1 The purpose of this report is to brief Executive Board members on the 'Time to Shine' programme 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 2016 and the impact and learning to date.

2 Introduction

- 2.1 Time to Shine is a programme, led by older people, that aims to reduce loneliness and social isolation in people over the age of 50. These are major issues, not fully understood, and the programme aims to learn what makes a difference.
- 2.2 Time to Shine works in partnership to deliver activities, training and campaigns across Leeds that celebrate and promote positive ageing. What we learn will help older people live fulfilling lives now and in the future.
- 2.3 More information about the background to the programme can be found in Appendix A.

3 Main Issues

Commissioned activity

- 3.1 In 2015 fourteen projects were commissioned to address social isolation and work with priority groups across the city. Project delivery has continued into 2017.
- 3.2 Leeds Community Foundation are funded to support local organisations to access small funds to address isolation. Funding has been targeted to address gaps, including men, carers and dementia. Funding of £5,000 to £10,000 has been awarded to ten community organisations including Zest Health for Life, St Luke's Cares, Association of Blind Asians, That Friday Feeling, Happy Panda, LS14 trust, Pyramid of Arts, AVSED, Rothwell and District Live at Home.
- 3.3 Five new projects have been commissioned in 2017 to address the needs of older people restricted to their own home. Organisations funded are: Age UK Leeds, OPAL, Health for All, Crossgates Good Neighbours and Bramley Elderly Action.

- 3.4 A full list of commissioned projects can be found in Appendix B.
- 3.5 Approximately 1500 older people have participated in the commissioned projects this year.
- 3.6 Over the last year volunteers of all ages have given approximately 8,000 hours of their time to support Time to Shine projects.
- 3.7 In developing the outline for the second round of commissioning the team have considered who already is reached through the first commissioning round as well as any gaps in provision. Gaps addressed include older people living in a care home, BME older people particularly those of African – Caribbean and Eastern European heritage.

Programme delivery

- 3.8 A small selection of projects from 2017 are highlighted below and in Appendix C:
 - 3.8.1 Supporting Wellbeing - Older people who are frail or who have complex medical needs are at high risk of being socially isolated. Health and mobility problems can make it increasingly difficult for older people to get out and do the things they enjoy. Extra support can help improve some of these situations. The Supporting Wellbeing projects communicate with health professionals (GPs, Memory Support Teams, Community Matrons and more) to reach people who could benefit from that extra level of support to access social opportunities. Through match funding from the Leeds Clinical Commissioning Groups (CCGs), five organisations are working together to deliver a model covering the city.
 - 3.8.2 Over 300 older people have been supported using a person-centred approach. Project staff visit the individual at home to know the person and together develop a plan to address their needs. Support available could include home visits, befriending, access to digital technology, assistance to get out and about, provision of information on local activities and events and help to stay connected with their local community. Support can be offered in a range of Asian languages including Punjabi, Urdu, or Chinese.
 - 3.8.3 Lychee Red - Befriending and support for local Chinese communities. Chinese elders come together to prepare and share a culturally appropriate meal and then stay for social activities, games, exercise and entertainment, supported by a team of bilingual volunteers from local Chinese communities. The project has expanded to deliver outreach work in sheltered housing schemes.
 - 3.8.4 Community Connect – steered by local older people and supported by local volunteers, Community Hubs use an asset based community development approach to offer a varied programme of activities where older people in the villages on the outskirts of Leeds can socialise regularly. The first phase of the project involved the successful establishment of hubs in Swillington, Scholes,

Thorner and East Keswick. Building on the initial learning, the project is seeking to develop new hubs in rural South Leeds.

- 3.8.5 The 'Walk and Talk' small funds project at Horsforth Live at Home (HLAH) successfully piloted a programme of outdoor walks for older people living with dementia and their carers. Once Time to Shine funding ended HLAH had enough evidence of impact to enable the programme to continue at HLAH. The national body for Live at Home schemes is funding three more pilot projects (Rothwell, Bradford and South Leeds) to see if the Walk and Talk model is replicable. The results from these pilots will inform the work of Live at Home schemes nationally.
- 3.8.6 Time to Shine Learning Facilitation project - over the past twelve months the Learning Facilitator has developed and delivered a range of training packages based on feedback from older people and frontline organisations as to what would be most useful to them. These include; ABCD in Practice, Valuing our Skills, Sensitive Data and Transitions into Later life which has been funded through the Gulbenkian Foundation, co-delivered with older people and run for staff from Leeds City Council. In partnership with West Yorkshire Fire Service she has also developed the Social Isolation training package for Fire Service staff as part of the changes in their Safe and Well visits. Additionally, a photography exhibition, Loneliness Through a Lens has been developed with older people and is on show at Leeds City Museum until January 2018.

Impact of the programme to date

- 3.9 Time to Shine has a vigorous evaluation method. Delivery partners take part in both national and local evaluations in order to gather a robust set of data from Time to Shine participants in Leeds. This helps Time to Shine and the England-wide Ageing Better programme, to build on a solid evidence base to help us understand what does and does not work to reduce social isolation and loneliness amongst older people.
- 3.10 The local evaluation of Time to Shine has produced two reports; an interim report detailing the beneficiary experience in the Time to Shine programme and secondly a report detailing the interim findings from Time to Shine based on the first two years of delivery.
- 3.11 Early results from the national evaluation are positive and demonstrate that Time to Shine projects are making an impact on social isolation and loneliness as well as mental well-being.
- 3.12 The main evaluation findings show that to date Time to Shine has reduced both loneliness and social isolation for beneficiaries and volunteers. With strong evidence to support that it has improved well-being and quality of life.
- 3.13 Key recommendations from the most recent Care Connect report are as follows:
- Consider embedding preventative work

- Ensure one to one support approaches are goal orientated
 - Ensure co-production is embedded in delivery activities
 - Identify and provide outreach services to target communities
 - Support project approaches which foster friendships
 - Provide more time for community development projects
 - Provide culturally-sensitive activities
- 3.14 Copies of both reports and a full list of recommendations are available on timetoshineleeds.org. The findings inform the Time to Shine approach and also have the potential to inform wider strategic decisions relating to older people in Leeds.
- 3.15 The qualitative information gathered from delivery partners really brings the programme to life. It gives in-depth insight into some of the barriers that older people face, and the impact of relatively simple interventions through Time to Shine.
- 3.16 A case study from a Supporting Wellbeing, Independence and Frailty (SWIFt) project:

Mrs K had been unable to leave the house for almost 5 months, was really struggling with day to day household activities and was frail with a high risk of falls. She was referred through a friend who had also been involved in the project. Mrs. K relied on ready-made microwave meals and struggled with self-care and managing pain due to multiple health conditions including osteoporosis and cancer. Mrs K couldn't answer the door on her own and relied on her daughter to help with bathing during a fortnightly visit. This along with money worries and other stresses had left Mrs K emotionally drained and feeling very low, weepy and fed up. She told the project worker that she wished it was her time to go. She also said that she had been suffering for so long on her own that she had given up and didn't think anyone could help her. The project worker listened with empathy and compassion and started a conversation on what her immediate needs were and made the relevant phone calls and referrals. Mrs. K's mood was much uplifted during a follow-up visit two weeks later. Adult social care had assessed her and she now had a commode and a walking frame so she could move freely around the house without worrying about falling and was waiting for grab rails to be fitted. Mrs K was now involved with the integrated team and getting visits from the nursing team to manage her health conditions/medication.

Personal issues were discussed with the project worker and following a suggestion, Mrs. K also spoke to her doctor to request counselling relating to her cancer. When asked about her interests and social networks, Mrs. K said she had stopped going to her regular place of worship due to being unwell and feeling self-conscious of how frail she had become and didn't want other

people to see her in that state. The project worker helped to arrange access to transport and attendance at local social groups. The project worker also suggested booking the ambulance transport service for her frequent hospital appointments as her husband often felt the pressure of getting her in and out of the car and parking/cost was always an issue which led to her husband feeling frustrated. Two months later Mrs. K is a lot more relaxed and calm. She was very grateful for all the support and told the project worker on several occasions that she felt that ‘God had sent (the worker) to help her’

3.17 A case study from More than a Mealtime:

A Time to Shine project has meant finding something beyond friendship for two of its participants. More than a Mealtime, delivered by a Neighbourhood Network, brings people together over one of the most important things in life-food. Those who might ordinarily have been eating on their own can now meet up in a local pub or restaurant and share a meal, conversation, and friendship.

After losing her husband, one participant felt lonely and isolated. She describes how simple tasks like changing a light bulb became overwhelming, as she adjusted to the new routine of her life. She said she wouldn't have gone out for a meal by herself, partly because coming back to an empty house was just a reminder of what she had lost. She joined More than a Mealtime to try to meet some new people and start to socialise again, and possibly find common ground with other people in a similar situation. What she found has changed her life completely, as she has been able to connect with others who understand what she's been through. "Life has a meaning now. There is more to life than just waking up and going about routine things. I've made new friends and developed friendships that I already had." She also met another Shared Tables member. Their friendship unexpectedly blossomed into a romance, and the two couldn't be happier. When asked what advice she'd give to anyone else who might be hesitant to get involved, she said "Do it. Don't give it a second thought, just do it. It's a brilliant scheme."

Contribution to the Best Council Plan Priorities

- 3.18 This work reports to both the Age Friendly Leeds Board, which is jointly chaired by Adults and Health and Leeds Older People's Forum, and the Breakthrough Project Board for 'Making Leeds the Best City to grow Old In.'
- 3.19 The approach set out in the Time to Shine programme reflects the Council's vision to be both the best city in the UK and the best council in the UK. The programme supports the achievement of key strategies and plans for the city including:
- 3.19.1 The Leeds Health and Wellbeing Strategy 2016-2021 and The Leeds Plan vision 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 priorities 2 (An Age Friendly City where people age well) and 3 (Strong, engaged and well-connected communities) of the Health and

Wellbeing Strategy and the work within the city on frail older people and supporting them to live independently at home.

- 3.19.2 The breakthrough project *Making Leeds the Best City to Grow Old in* and Leeds' commitment to being a World Health Organisation (WHO) Age Friendly City. LOPF hosts an Age Friendly post, delivering local Age Friendly initiatives to complement the city-wide strategic work of the Ageing Well Officer at LCC.
- 3.20 The Time to Shine programme has supported existing third sector infrastructure through investment and developing an evidence base. This often includes building on Leeds City Council's investments e.g. in Neighbourhood Networks, healthy living initiatives such as Feel Good Factor and Zest whilst helping to fill gaps e.g. Chinese seniors, LGBT (lesbian, gay, bisexual and trans) older people.

Using the learning from the past twelve months of the programme

- 3.21 Following the test and learn approach, the programme has identified a number of key findings through the review of the current commissioned activity across the city. These learnings will be used to shape the next round of commissioned projects. They include:
- 3.21.1 There needs to be more focus on early interventions for younger older people to build resilience and help to prevent social isolation and loneliness in later life.
- 3.21.2 In addition to organising activities it is important to help people develop their social networks and foster friendships. Bringing people together will improve feelings of wellbeing but are unlikely to make a difference to their levels of social isolation. Increased networks and friendships sustained outside the parameters of a project will increase the likelihood of social isolation being reduced over a longer time period.
- 3.21.3 Tailored support is crucial during key life changes such as retirement or bereavement as people are most likely to listen to and feel understood by people who have shared similar experiences. However, to overcome isolation, people need the opportunity to meet others who they can relate to through similarities and then be supported to move on with confidence to explore how they can relate to others.
- 3.21.4 Commissioning against themes (such as walking or food) can restrict ideas and make it difficult for organisations to apply for funding
- 3.21.5 Social isolation is a complex issue. Talking to older participants who are very socially isolated often uncovers a range of issues and complexities which need to be addressed before social contact can increase
- 3.21.6 Two Time to Shine projects work well in their respective communities but we have not yet learnt whether they can be replicated in other communities

- this is an approach we are now testing out with “Shared Tables” and “Community Connect”

4 Next steps

- 4.1 Time to Shine has launched its next and final commissioning round, informed by learning from the first two years of the programme and current gaps in reaching priority groups. The gaps in who the programme has reached are people living in care homes, older people from the Black African and Caribbean and Eastern European communities and disabled older people
- 4.2 The total commissioning budget for this round is £1.7 million.
- 4.3 Small Funds (awards of £10,000), distributed via Leeds Community Foundation on a quarterly basis, will continue to the end of this six-year programme
- 4.4 As the programme approaches its mid-point, greater emphasis will be placed on legacy and sustainability where applicable.
- 4.5 A programme of learning will be launched which will impact on addressing social isolation and loneliness across the city.

5 Wider Work to Tackle Social Isolation in the City

- 5.1 Locality Initiatives
 - 5.1.1 A number of the Community Committees identified social isolation as one of their priorities and have held themed meetings to consider how they can support activities to address social isolation in their localities. Examples of activities which have been developed include:
 - 5.1.2 A group of partners from the Health and Wellbeing Partnership worked together on a specific project to tackle social isolation in targeted areas of Chapeltown. They utilised housing and environment intelligence which identified potential areas with high concentration of social isolation which were the streets of Mexborough’s and Sholebrooke’s. They have developed a four page document listing all the relevant groups delivered by LCC and third sector organisations specific to the Chapeltown Locality. This was left with households to keep them informed of what was going on the areas.
 - 5.1.3 LS14 trust recently completed a 12 month community food research project commissioned by North CCG, which also looked at relationships between health, social networks and food in the North Seacroft community. They concluded that more investment should be made into genuine community building. Quoted from the Eat report; ‘Potentially the biggest impact that we could make would be to focus less on what we eat and more on how we eat. Whereas isolation and unhealthy norms/ behaviours can have a detrimental impact on health, good community and positive norms can give individuals the resources they need to make all sorts of personal progress towards holistic health.

- 5.1.4 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 until June 2018.
- 5.1.5 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. This project runs until April 2018.
- 5.1.6 Holbeck Elderly Aid and LCC are working together to identify and support those who are socially isolated in the one of the priority neighbourhoods, The Receptions.
- 5.1.7 Community Connectors are informal unpaid citizen posts which connects residents to people, places, services and organisations which can improve and maintain a tenant's overall health and well-being. The project is being implemented across the four wards within the Outer North West Community Committee.

5.2 City-wide Social Isolation Initiatives

- 5.2.1 Historypin Connections (Leeds Libraries) - Historypin Connections has been a 15 month project funded by Big Lottery with Leeds Libraries and the community archiving website Historypin (www.historypin.org). The project aimed to tackle feelings of social isolation in older adults by establishing relationships with organisations, charities and colleagues in Leeds City Council that work with primarily older people to run reminiscence sessions for groups and one to one visits for those who are housebound. In total 99 older adults (aged 58-97 years old) registered to be part of the project with over 130 individual stories being recorded in groups and by individuals, all can be listened to (with accompanying photographs) on the Historypin website now <https://www.historypin.org/en/connections-leeds> / The project is currently embedding elements of the Historypin Connections project into the Library service, working with Librarians across the city and community organisations.
- 5.2.2 HomeShare 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 is an arrangement whereby an older person offers affordable accommodation in return for support and companionship. Since the launch of the project in August 2016 promotional activity over the year has been completed through the use of Facebook, Made in Leeds TV 'spare bedroom' advert and flyers resulting in an interest from 71 home sharers and 21 home owners. Currently no matches have taken place due to either sharer or owners being either ineligible or declining to progress further. Learning to date from the Leeds programme and from the homeshare co-ordinator attending a northern homeshare event continues to integrate improvements and promoting the programme to key partners.

- 5.2.3 Proactive Telecare is an enhanced pilot delivered by Assisted Living Leeds - In addition to care plans detailing the service users' personal requirements all proactive telecare staff have been training on public health messages. Staff are able to have a positive conversation with the users on health and social matters when they arise over the phone and are able to provide sign posting support to additional services across Leeds, for example local networks.
- 5.2.4 West Yorkshire Fire and Rescue have rolled out Safe and Well visits which enables fire crews to deliver a holistic assessment with older people. These visits have the potential to identify socially isolated or lonely individuals and sign post them to appropriate services.
- 5.2.5 CAREVIEW is a social isolation app which is designed to help locate the socially isolated in communities and services which may improve and maintain their overall health and wellbeing. It helps a user to look for signs of neglect in the built environment e.g. property in disrepair, unkempt garden or post piling up. This may indicate the presence of a socially isolated resident. CAREVIEW was awarded the NHS England Pioneer – New Models of Care funding worth £70,000. This has allowed Public Health to start the process of developing the prototype into a full working model with new features and benefits. One of these new features is the addition of a Social Isolation Support Tool / Guide to referring and signposting isolated citizens so they receive the support they need. This can be used by professional and non-professionals alike. CAREVIEW is currently undertaking an exploratory experimental 12 month trial.
- 5.2.6 Museums and Galleries continue to provide a cultural offer aimed at Older People. This includes the Sociable History Club, 1152 Club, the Spinners of Aire, Knit and Natter Groups, and the Lotherton Hall History Group. The Time to Shine 'Loneliness Through the Lens' photography exhibition is being shown from September 2017 to January 2018. An outreach programme to older people's organisations including the Neighbourhood Networks aiming by March 2018 to have visited them all at least once across the city. In addition the community team encourage tours and visits by older people's groups. Overall the team are working to become age and dementia friendly across all nine sites.
- 5.3 Leeds Libraries offer a number of facilitated groups from Golden days (sessions at Morley Library and Rothwell Community Hub), Hunslet Remembered at Hunslet Library, a shared reading group at Seacroft Library and Garforth Social at Garforth library and One Stop Centre. There are a large number of Readers groups where people can get together and talk about and review their most recent book and craft groups from knit and natter, to book art and colouring cafés. They also offer digital drop in sessions and IT learning sessions aimed at older people to teach them skills to enable them to access a world of culture via the World Wide Web. Libraries also have a number of volunteering opportunities available for more information visit www.leeds.gov.uk/libraries

6.1 Consultation and engagement

- 6.1.1 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.
- 6.1.2 The Core Partnership comprises 12 organisations with an interest in representing the needs of older people: Age UK Leeds, Care & Repair Leeds, Care Connect (University of Sheffield), Feel Good Factor, Leeds Irish Health and Homes, Leeds Older People's Forum (lead partner), Men who have sex with men: action in the community (MESMAC), Adults and Health (Leeds City Council), Tenfold (Leeds Learning Disability Forum), and West Yorkshire Playhouse.
- 6.1.3 One of the outcomes of Time to Shine is for older people to be actively involved in managing, designing, delivering and evaluating the project.
- 6.1.4 Involving older people in the evaluation and as 'peer researchers' forms a key element to the evaluation approach.
- 6.1.5 Consultation with 176 older people in Leeds informed the production of the Age Friendly Charter.

6.2 Equality and diversity / cohesion and integration

- 6.2.1 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 programme 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.
- 6.2.2 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.
- 6.2.3 An equality impact assessment has been completed on the programme plan and is attached at Appendix D.

6.3 Council policies and best council plan

- 6.3.1 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.
- 6.3.2 The programme contributes in particular to the Best Council Plan 2017/18 priorities on Health and Wellbeing and Resilient Communities.

- 6.3.3 The approach set out in the 'Time to Shine' programme 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.
- 6.3.4 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.
- 6.3.5 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

6.4 Resources and value for money

- 6.4.1 The Time to Shine programme has secured £6 million of funding into the city and with further funding also being secured to deliver additional projects to tackle social isolation.
- 6.4.2 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, Young at Arts has recently secured £5,500 in grant funding so that their steering group, led by older people, can continue to support and inform work in the Arts sector in Leeds, even though funding through Time to Shine has come to an end.
- 6.4.3 The Supporting Wellbeing, Independence and Frailty (SWIFt) project meets key objectives of Leeds 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.
- 6.4.4 Work undertaken by Council officers to support the development and delivery of the programme has taken place within existing Council budgets.
- 6.4.5 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.
- 6.4.6 The evaluations will be used to inform future delivery and commissioning activity, including options for when this programme funding ends.

6.5 Legal Implications, access to information and call In

- 6.5.1 There are no legal implications for the Council.

6.6 Risk management

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

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

- Commissioning and procurement
- Monitoring and evaluation
- Governance

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

7. Conclusions

7.1 Loneliness and social isolation blight both individual lives and society through unhappiness and ill-health. The programme 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.

7.2 The national evaluation of Time to Shine indicates that the programme is helping to reduce loneliness and social isolation and improve wellbeing and social contact.

7.3 Social isolation is a complex issue. Talking to older participants who are very socially isolated often uncovers a range of issues and complexities which need to be addressed before social contact can increase

7.4 Time to Shine 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.

8. Recommendations

Members of the Executive Board are recommended to:

- I. Receive this report updating members on the progress of the programme.
- II. Welcome the progress made in the development and delivery of the 'Time to Shine' programme.
- III. 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'.
- IV. Give recognition that social isolation and loneliness is a complex issue for which there are no simple 'one size fits all' solutions. Time to Shine is a learning programme which will give greatest impact when learning is widely adopted through commissioning and direct delivery.
- V. Commend the excellent work of Leeds Older People's Forum in leading the programme.

- VI. Note the lead officers responsible for ensuring updates are brought are the Chief Officer/Consultant in Public Health (Older People) and the Deputy Director for Integrated Commissioning.
- VII. Note the value and impact of this work in local areas.

9. 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.