

Public Document Pack



MEETING:	Central Area Council
DATE:	Wednesday, 6 July 2022
TIME:	2.00 pm
VENUE:	Reception Room - Barnsley Town Hall

SUPPLEMENTARY AGENDA

- 3 Presentation from Social Isolation providers - Mind, Age UK, Fit Reds
(Cen.06.07.2022/3) (Pages 3 - 40)

To: Chair and Members of Central Area Council:-

Councillors Williams (Chair), Bowser, Clarke, K. Dyson, M. Dyson, P. Fielding,
W. Fielding, Gillis, Lodge, Mitchell, Moyes, Ramchandani, Risebury, Shirt and Wray

Area Council Support Officers:

Rachel Payling, Head of Service, Stronger Communities
Sarah Blunkett, Central Area Council Manager
Lisa Phelan, Central Area Council Manager
Peter Mirfin, Governance Manager
Cath Bedford, Public Health Principal - Communities

Please contact Peter Mirfin on email governance@barnsley.gov.uk

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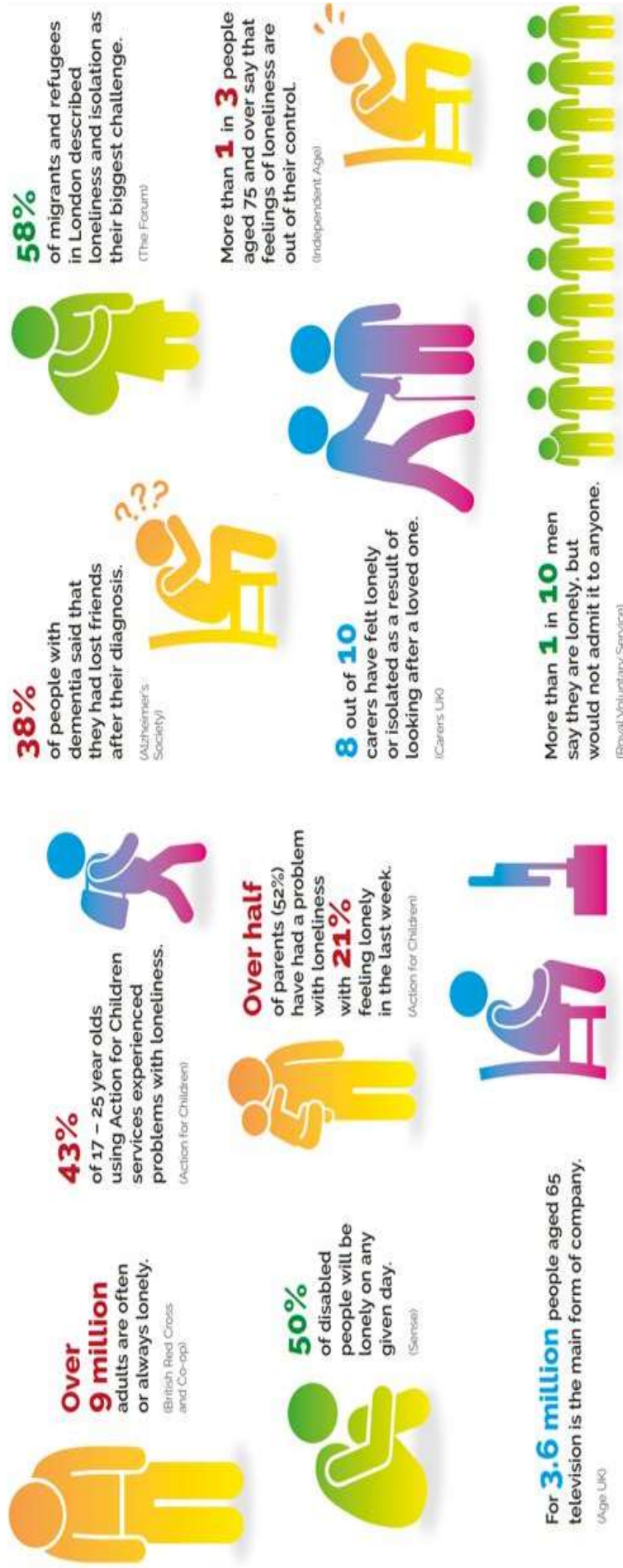


Mind
Rotherham
and Barnsley

THRIVING COMMUNITIES
LONELINESS AND ISOLATION
PROJECT

The Impact of Loneliness and Isolation.

What does the data show?



In April 2021 Rotherham and Barnsley Mind set an ambitious agenda to provide a multi-faceted, accessible, inclusive and welcoming service to those living lonely or isolated lives within the Central Area Council and ward specific areas of Barnsley.



As a result of our vision the Thriving Communities Project was born and has steadfastly adhered to its commitment to reach out to our target communities and ensure they receive the support they need.

How are we using our funding?

 **Mind**
Rotherham
and Barnsley

Current Initiatives



Men's
Chill and
Chat
Group



Individual
Sessions



Eco Gym
(partnership
with Recovery
College)



Ladies
Group

Current Initiatives



Community Workshops



Partnership Working and Project Promotion



Signposting Service

Volunteer Programme



Future Initiatives



Online Support
Group



Creative Crafts Group
(in Partnership with
Oakwell Training)

What do our people say about us?

Client Satisfaction Questionnaire

100 percent of those sampled said they would rate the **quality** of the service they received as excellent.



Client Satisfaction Questionnaire

88 percent of those sampled said our service had **helped** **them** feel less lonely/isolated.

12 percent said they felt somewhat less isolated/lonely.



Client Satisfaction Questionnaire

88 percent of those sampled said they were very satisfied with the **overall** service they received.

12 percent said they were somewhat satisfied.



Client Satisfaction Questionnaire

100 percent of those sampled said they would **recommend** our service to others who are lonely/isolated.



Group Session Evaluation (comments)

“Really enjoyed
today”

“It has helped me
tremendously”

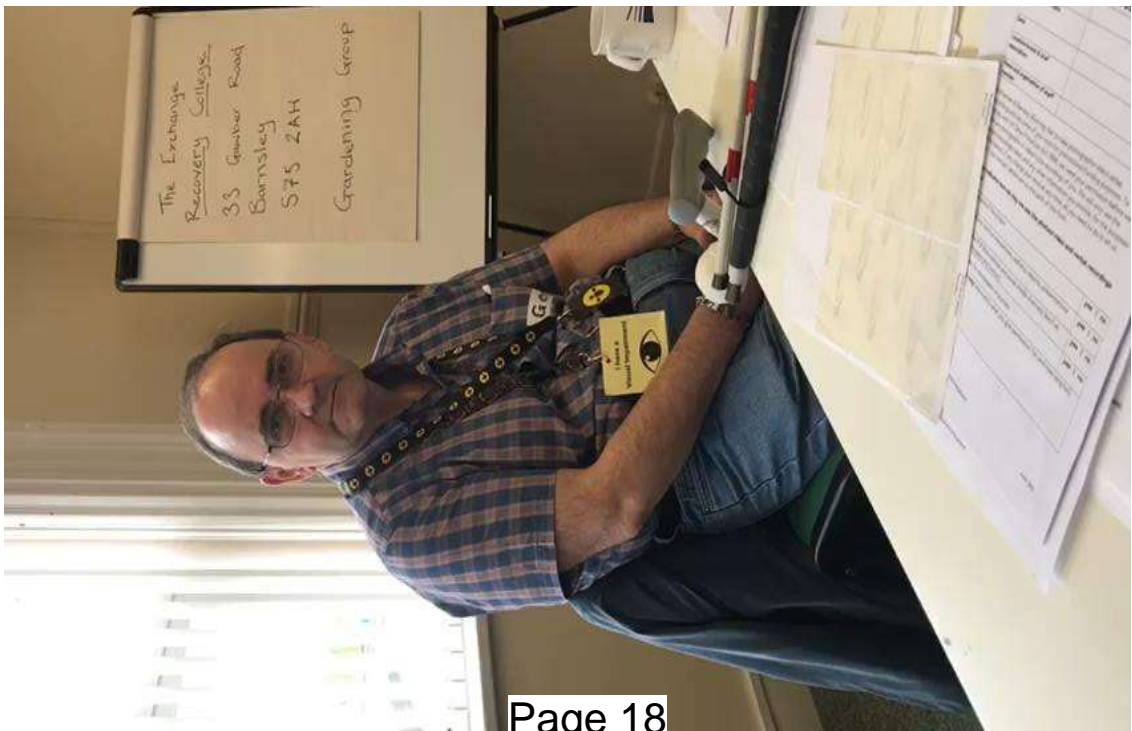
“I got up and showered
today”

“made my mental
health 100 times
better”

“taught me to have
empathy”

“excellent session,
feel so much better
today”

Our people have their say



**Our people
have their
say**



A Team Effort



A big thank you to all the staff, volunteers and people that use our service for their support in the making of this presentation. Without you there would be no Thriving Communities Project.



REDS INTHE
COMMUNITY
REGISTERED CHARITY NO 1118735

Reds Connect

Kieron Campbell

Head of Participation & Health





MISSION

Reds in the Community provide inspiring, high quality inclusive programmes and initiatives. Harnessing the reach of Barnsley Football Club, we raise the aspirations of our community, supporting them through positive change.

AIMS

We deliver projects and activities aimed at

- | | |
|---|---|
| <ul style="list-style-type: none">• Improving physical and emotional health and wellbeing• Encouraging active, healthy lifestyles• Increasing participation in sport/exercise | <ul style="list-style-type: none">• Improving learning, skills and life chances• Tackle social isolation and loneliness• Enhancing community cohesion |
|---|---|



Reds Connect

Reds Connect creates new opportunities for local people in the Central Area to engage, participate and connect. It helps to address social isolation and loneliness, engender new relationships and enable local people to get active.

Reds Connect is an all-age approach that offers opportunities for men and women of all ages to engage in several activities designed to facilitate all.

Physical activity is at the heart of all sessions albeit gentle exercise, walking or a more energetic circuits of football activity. Reds Connect helps participants to reduce feelings of loneliness and social isolation by improving their physical health

AIMS & OUTCOMES

Aims

- To reduce social isolation and loneliness among local people
- To increase the number of local people in the Central Area participating in local activities
- To improve physical and emotional wellbeing

Outcomes

- Beneficiaries have improved emotional and physical wellbeing
- Beneficiaries are connecting, interacting and forging new friendships
- Beneficiaries are regularly participating in activity in their local area
- Beneficiaries are adopting and maintaining more active lifestyles

DELIVERY MODEL

- Weekly sessions spanning the day and evening
- Facilitated by our coaches
- All age approach

SESSION	TARGET GROUP	DESCRIPTION
Football / Walking Football	Men all ages	<ul style="list-style-type: none"> • Football plus warm-up & cool-down (1hr) • Group social • Wellbeing activities • Guest speakers
Walking	Open to all	<ul style="list-style-type: none"> • Meeting at different locations in the Central Area e.g. Worsborough Mill, Locke Park and Trans-Pennine Trail via a café where possible • Group social • Guest speakers/walkers
Exercise Class	Open to all	<ul style="list-style-type: none"> • All-ability exercise e.g. yoga, Zumba, strength/conditioning, Chair Aerobics etc (1hr) • Group social • Wellbeing activities • Guest speakers
Sporting Memories	Older people and older people with early onset dementia & carers	<ul style="list-style-type: none"> • Gentle exercise e.g. chair-based movements, basic circuits, etc • Brain stimulation activities e.g. word games, puzzles and strategy games (chess, draughts, etc) • Reminiscence activities using photos, memorabilia and artefacts to stimulate memories, experiences and stories • Group social • Wellbeing activities • Guest speakers

Impact



1,386 attendances - engaged
101 unique users



Walking Football - 33 unique
participants



Sporting Memories 18 unique
participants



Exercise Session - 36 unique
participants



Walking Reds - 15 participants



Charity Golf event



4

Volunteers



Lunch Club



20

Celebration Event

Impact

- “My partner and I have been going to Sporting Memories for a while now he has dementia and I thought it would be good for both for his memory and for his social skills, it turns out that we have both benefitted from the weekly visits! We love the session each week I'm grateful for the stimulation Keith gets and the support with him it gives me”
- I enjoy attending the Tuesday evening sessions and look forward to it each week. The sessions have not only been of benefit from a physical perspective but have also had a positive impact on my mental well-being
- *After so many ups and downs mentally to now be exercising and chatting together has given everyone a huge boost.'*
- *the social side is fantastic to be able to go out, meet other people and exercise as a group rather than being alone.*





Should you like any further information about Reds Connect or our other programmes, please do not hesitate to get in touch:

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Kieron Campbell (Head of Participation and Health)

Kieron.Campbell@barnsleyfc.co.uk

Thank you



Central Area Social Isolation Challenge Fund

My Community, My
Life Service



My Community My Life Service

- ▶ 1:1's
- ▶ Groups
- ▶ Partnership Working
- ▶ Age Friendly Barnsley
- ▶ Barnsley Third Sector Dementia Alliance
- ▶ Local Consultation
- ▶ Social Inclusion Officer
- ▶ Information and Advice Officer
- ▶ Volunteers

Individuals

- 1:1 Support. Guided Conversation, person centred with a review. 274 individuals throughout the year
- Good Neighbour Volunteers
- Small Community Car Service
- Information and Advice - telephone, private office or in own home





Walking Football

Partnership working, every Tuesday evening with members from Central and North wards

Community Allotment

- ▶ Eldon Street North
- ▶ Partnership working with Twiggs
- ▶ Partnership working with Probation service
- ▶ Volunteers
- ▶ Is now ...





Wentworth Castle Gardens Walk

Alongside National Trust - giving Central Area residents free entry to secured grounds to walk in these beautiful grounds as part of a social group.

Coffee and Conversation Worsborough

- ▶ Attendance growth to 50 people
- ▶ Drinks and refreshments
- ▶ Bingo
- ▶ Quiz
- ▶ Visitors and presentations
- ▶ Trip







Men-in-Sheds

How it's Going

- Working in Partnership- Bu3a
- Reaching Isolated People. Social Media, Targeted leaflets, Eyes on The Ground
- Digital Project

- Get Ready for Winter

Thank you



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