



Penistone - Ageing Well Together



Objectives

- ▶ Launch
- ▶ Options for men only groups
- ▶ Love Later Life event
- ▶ Winter Warmth/Wellbeing event
- ▶ SOPPA
- ▶ Volunteers increased
- ▶ Reduce loneliness/increase wellbeing
- ▶ New groups to meet the needs
- ▶ Information and Advice delivered



Barnsley
Age UK



Penistone Area Council
Penistone East, Penistone West

Penistone Ageing Well Together



Penistone - Ageing Well Together Professional launch

- ▶ Launch to professionals held at The New Inn, Penistone
- ▶ New Leaflets produced
- ▶ 1 x Inclusion Officer groups
- ▶ 1 x Inclusion Officer One to ones
- ▶ 1 x Information & Advice Officer
- ▶ And the services of:
- ▶ CEO, Project Manager, Senior Inclusion Officer, Communications & Marketing Manager, Volunteer Coordinator and support staff.

Core Activity

- ▶ Community working
- ▶ Activities and trips
- ▶ Information and Advice
- ▶ One to one Service
- ▶ Group activities
- ▶ Volunteering





SOPPA

Supporting Older People in Penistone Area

Local older people

Area council teams

BOPPAA

Local businesses and community venues

Community groups

Volunteers

Schools - intergenerational projects.

Referrers





Events and Celebrations

- ▶ Volunteer Meals (quarterly), Cubley Hall
- ▶ Lunch & Entertainment (Jo Cox Great Get Together)
- ▶ Wortley Afternoon Tea
- ▶ Canal Trip, Hebble & Calder Canal
- ▶ Penistone Market Barn - promotion
- ▶ Walk at Wentworth Castle Gardens (Love Later Life)
- ▶ Community Lunch Crow Edge (Love Later Life)
- ▶ Mayor's Lunch and Film at Paramount Cinema
- ▶ Meet & Greet, Crow Edge
- ▶ Christmas Lunch and sing-along Millhouse Chapel
- ▶ Sloppy Slipper Events (Penistone, Millhouse Green, Crow Edge, Cawthorne and Thurgoland)
- ▶ Intergeneration Greenworks Plus
- ▶ Cleethorpes Trip (Funded by former Mayor Neville Shiggins)
- ▶ Scam Awareness
- ▶ Promotion events St Saviours and Tesco
- ▶ Love Later Life week 2023 - celebrations of Age Friendly leading to International Day of Older People
- ▶ Clients supported to attend the Love Later Life celebration at the Metrodome
- ▶ Christmas Get Togethers (Weavers Court, Crane Moor, Penistone Leisure)
- ▶ Holiday Inn - Christmas Party

Information & Advice service

£1,630,044.70 Benefit Gains for the Penistone Area since July 2022 (each year)

Pension aged Penistone residents have had the support of a specialist I&A advisor for one full day per week.

Support has included benefit checks, cost of living advice, housing support, aids and adaptation support and much more.

Home energy checks and winter emergencies support.

33% seen in Penistone aged 70 - 79 years

43% seen in Penistone aged 80 years plus



One to One support

Guided Conversation to develop personalised plan

71 New individuals seen

13 Long Term Service Users

21 Befriending services

42 Attending Groups etc

55 Shopping

12 Gardening

32 Handyperson

22 FREE Warm Home Service





Group Activities

- ▶ Cranemoor Toasties
- ▶ Wortley Church, Tea & Coffee Group
- ▶ New Inn Lunch Club
- ▶ Penden House Warm Hub and games
- ▶ Weaver Court lunch club
- ▶ Thurgoland Community Group
- ▶ St Johns Church, Thurgoland singing group
- ▶ Penistone Men-in-Sheds
- ▶ Board Games Social Group
- ▶ Meet & Greet
- ▶ Maintenance Cognitive Stimulation Therapy
- ▶ Happy Vibes Memory Café
- ▶ Healthy Life
- ▶ Tea & Chat - Weaver's Court
- ▶ Millhouse Green & Thurlstone Lunch Club

e!

Thursday 10 am to 12 pm at Cranemoor Methodist

contact Lorraine on 01226 776820 for further

Crane Moor Toasties

- ▶ Crane moor Church
- ▶ Social Group
- ▶ Chat / Crafts
- ▶ Tea and Toast
- ▶ Chair Based Exercise



Meet your local Social Inclusion Officer!



Penistone Library

Weekly From Thursday 29th Feb 1pm- 2pm

- Find out what's happening in your community
- Heating or Benefits Advice
- Social groups to attend
- Volunteering opportunities

We would love to talk to you!

We can also make referrals to other organisations!

Please come and see us if you need any support or advice

T: 01226 776 820
E: enquiries@ageukbarnsley.org.uk






HAPPY VIBES 50+

Memory Cafe

Come along and meet a friendly group
Enjoy a chat, refreshments and activity with Like-minded local people

And hosted by our Fantastic Volunteers
Nichola and Sandra

With chair-based exercise from BOPPA



No Meetings on Bank Holidays
Call Emma on **07957916048**

Sessions Fortnightly on Mondays 1.30-3.30pm

Penistone Leisure Centre
Thurlstone Road
S36 9EF






please join us for

Bingo & Coffee



Everyone **Welcomes**

50+

Every Tuesday from 2nd April 2024

PENDON HOUSE
Sycamore Walk, Penistone, S36 6FW

T: 01226 776 820
E: enquiries@ageukbarnsley.org.uk






50+

January **29th**

BOARD GAME AFTERNOON

Fortnightly

Hosted by:
Elaine Our Fantastic Volunteer

MORE INFO:
EMMA 07957916048
E.GIBSON@AGEUKBARNSELEY.ORG.UK

PENISTONE LIBRARY
1.30-3.30PM





BARNSELEY LIBRARIES

Leaflets and Posters



Penden House

- ▶ Warm Hub to be replaced/continued
- ▶ Successful attendance and welcoming space
- ▶ Bingo / games
- ▶ Refreshments





New Pop Up

- ▶ Thursdays 1pm - in Penistone Library
- ▶ Information sharing about activities and groups
- ▶ Information on services and support available
- ▶ Opportunity to meet Age UK Barnsley Project Officers
- ▶ Volunteer recruitment.



Barnsley U3A Groups and attendees

- ▶ Board Games 7
- ▶ Crown Green Bowling (out of season meeting monthly meantime) 10
- ▶ Patchwork Projects 8
- ▶ Canasta 6
- ▶ Art Group 9
- ▶ Bridge 7
- ▶ Crafty Chat 6
- ▶ MOTO 12
- ▶ Eating Out Round Penistone 16
- ▶ Walking Group 6





Volunteer Recruitment

- ▶ Penistone Grammer School
- ▶ Working cross generational
- ▶ Logic - putting two lonely people in touch.....
- ▶ Media campaign
- ▶ Route to employment / retrain
- ▶ 50th Year opportunities/publicity
- ▶ Promotion in Shops
- ▶ Community Car Drivers
- ▶ Transport ! Travelling Companions





Volunteers

Total active volunteers: 42

2,015 hours of volunteering in the last 18 months.

Social value = £30,829

Community car journeys
Now includes Daisy & Graham

Whole team approach to recruitment

Across the ages / work experience





BOPPAA

Over 70 providers offer 203 physical activity opportunities borough-wide

<https://boppaa.ageukbarnsley.org.uk>

Tai Chi - Penistone Leisure (x2 Mon&Thur)

Movement for Healthy Ageing - Thurgoland

Walking Netball - Penistone Leisure (x2 Mon&Wed)

Chair Fitness - Penistone Leisure (x2 Mon&Wed)

Movement for menopause - Thurgoland

Walking group - varies weekly

Crown Green Bowling - out of season

PenActive - Social and Active, Penistone Leisure

Pilates - Cawthorne Village Hall

Chair Exercise - Tankersley Welfare Hall

Gardening - Springvale Community Centre (x2 Wed&Sat)

Walk out Wednesdays = Skate Park S36 6TS

Well-being Wednesdays - Silkstone Common

Falls Management - Hoylandswaine Church Hall

Walking Rugby - Wortley

Zumba - Penistone Leisure

Chair Exercise - Crane Moor Methodist Church

Falls Management - Thurgoland Village Hall

Pilates - Pensitone Leisure

Tai Chi for Falls Prevention - Thurgoland Village Hall

+ Sporting Penistone awarded small grant for Drop-in Table Tennis and Chat





Added Value

- ▶ Digital Inclusion (2022)
- ▶ Healthy Start - Look After Your Heart
- ▶ Just For You
- ▶ Access Barnsley
- ▶ Warm Hubs
- ▶ Maintenance Cognitive Stimulation Therapy (MCST)
- ▶ Elizabeth Activity & Care Centre
- ▶ Podiatry
- ▶ Hair and Nails
- ▶ Massage
- ▶ Dementia Choir
- ▶ Early On-set Dementia Group
- ▶ Affordable Shoppers
- ▶ Handyperson
- ▶ Warm Homes Checks
- ▶ Gardening Service
- ▶ Winter Emergencies
- ▶ Black out Provision
- ▶ Ageing Well support for younger older adults





Age UK Barnsley

Posted by Emily Norris

4 Feb · 🌐

Could you spare a few hours each week to visit an isolated older person?... See more

Do you have a few hours a week to befriend an older person in your local community?



Just dropping in for a cuppa, attending a social group or going for a walk can make a HUGE difference

"I used to be very shy, especially around new people, but befriending has helped me to build my communication skills and confidence."



"I've gained valuable experience and skills to put on my CV and help me stand out from the crowd."

We are recruiting young people to become Volunteer Befrienders, if this could be you we'd love to hear from you!

📞 01226 7768201

✉️ enquiries@ageukbarnsley.org.uk



Key Challenges

- ▶ Volunteer recruitment - face to face befriending.
- ▶ Transport and accessibility.
- ▶ Receiving appropriate referrals.
- ▶ Reaching the hardest to reach that need us the most.
- ▶ Improving confidence to encourage service users to attend community groups and events.
- ▶ Attracting the younger adults - What's in a name.

Next Steps/Focus

- ▶ Full consultation Barnsley-wide which will be broken down into Ward Area available April 24
- ▶ Identify gaps for new social groups to expand the offering across communities.
- ▶ Understanding challenges facing older people and action plan
- ▶ Continue to work with other organisations to provide groups with informative talks.
- ▶ Plans for volunteer recruitment drives includes investment in new Manager.
- ▶ Future Funding sources

Recognise and challenge ageism when we see it, hear it or experience it ourselves. You can get involved to... See



**Every wrinkle,
every line, tells a
story of your life.**

the movement and let's **celebrate ageing!**







Any Questions?