

Chelmsford Discussion Tables

Casserole Club

FutureGov works with local authorities to make better public services through the use of elegantly designed technology. Casserole Club is one of our products. Casserole Club is a food-sharing community which use technology to help people share extra portions of home-cooked food with older neighbours in their area who might not always be able to cook for themselves. Like a local, community-led takeaway, members serve up meals to their neighbours, getting more people cooking fresh food while strengthening local neighbourhood relationships with every bite.

Community Agents Essex

Community Agents Essex support frail older people and their informal carers to gain and regain independent living skills. An agent will visit people in their own home, help them to identify what it is that needs to change and support them to help themselves and connect back to community networks. Who can Community Agents help?

- An older person or an informal carer for an older person who is open/willing to receive help
(no specific age definition but probably over 65, isolated, more vulnerable or struggling to cope)

We can help and support older people with things such as: getting out and about, independent living skills, home adaptations, money worries, filling in forms, meeting people, healthy living, caring for someone. How to refer a patient to a Community Agent:

- Direct telephone: **0800 9775858** or 01376 574341
- Email: enquiries@caessex.org.uk

(Only include the client's name in the email. Please include your contact details and we will call you back to obtain the clients details.)

King's College Hospital NHS Foundation Trust

King's College Hospital NHS Foundation Trust has over 1,700 volunteers who help across our hospitals on a weekly basis. These volunteers support in a variety of roles, but all of them are public and patient facing with the aim of improving the experience of patient and visitor experience, aiding staff and the local community. Around 70% of our volunteers are based on wards, where their main role is befriending patients, assisting at mealtimes and offering emotional support to patients. The volunteering service also runs a Hospital to Home programme, whereby volunteers meet patients whilst on the ward and accompany them home following discharge, and a Community Health Ambassador scheme.

King's has a very young and ethnically diverse service: 55% of our volunteers are between the age of 16 and 24, and nearly 70% are under 30. Almost 70% are from BME backgrounds. For many of our volunteers, volunteering is the first step on the career ladder. In our 2014 Annual Volunteers Survey, 91% of volunteers said they felt volunteering would help their future employment prospects and 97% agreed that volunteering was helping their personal development.

Greenfields Community Housing

Greenfields Community Housing is a not-for-profit organisation which owns and manages around 8,100 homes in the Braintree District. Our Vision and Values reflect our commitment to putting our residents at the very heart of everything that we do. Our vision is: "To work together to provide the best homes and services to achieve the best for people in our communities."

Our commitments include: building up to 250 affordable homes by 2018, funding many different projects and organisations, and transforming six areas in the District, annually, based on what the local residents want to see.

We offer tenants and the wider community the opportunity to attend our chair-based exercise (CBE) classes. The service has evolved over 2 ½ years ago and is primarily beneficial for frailer older adults and disabled adults.

CBE is a programme of 22 prescribed exercises that can be carried out sitting in your chair. The exercises are proven to improve mobility, strength, mental health, confidence and self-esteem. Evidence also suggests that physical activity may be as effective as medication in its treatment of mild depression.

The session leaders and supporters consist of 10 volunteers and 6 staff members. 13 leaders have completed a 3 day training course so they are qualified to lead the sessions effectively. The leaders and supporters run 9 weekly classes across the Braintree District. The classes are undertaken in a range of different locations including, Greenfields older person schemes, a leisure centre, and recently we are working in partnership with a local GP surgery.

Magic Me

Magic Me is an arts charity based in east London, that brings the generations together to build a stronger, safer community. Our projects often link unlikely partners. Young people aged 8+ and adults aged 60+ team up through shared, creative activity. Intergenerational groups meet on a weekly basis in schools, museums, older peoples clubs, care homes, community and cultural organisations. Many projects are led by our team of freelance creative artists: musicians, dancers, photographers, writers and drama specialists. They design activities to stimulate conversation and an exchange of ideas. Participants are often diverse in culture and faith as well as age group.

Magic Me's award winning *Cocktails in Care Homes* project brings adult volunteers to share an evening drink with residents of care homes for older people, combatting isolation and loneliness. We run monthly parties 6-7pm, in 7 care homes currently and plan to scale up this highly successful scheme over the next three years. Our team of 200+ volunteers include individuals and staff of partner corporate organisations.

For information about our current projects and published research visit www.magicme.co.uk

My Home Life Essex Community Association - FaNs

FaNs is a three year project led by the My Home Life Essex Community Association, which is a small, Essex based charity that supports and promotes the wellbeing of prospective and existing residents in Essex Care Homes. The project is funded through a grant from Essex County Council.

Friends and Neighbours (FaNs) is a fast growing movement of people and organisations of all kinds across the county who are willing to take an active interest in the wellbeing of their local Care Homes and the people who live in them. Its aim is to help make sure that these residents can enjoy the best possible quality of life, according to their individual needs and preferences, and can continue, if they wish, to make their own contribution to the community of which they are the most senior members. Many Care Homes have excellent links with their surrounding communities, but they can't do it all. If we choose to help, there is so much more that we, and they, can do. **FaNs** may belong to any organisation or none and they do not have to make any specific commitment of time. Anyone, of any age, who shares the values and subscribes to the principles of **FaNs** can be involved. The variety of ways in which they can contribute is as varied as the **FaNs** themselves and the rewards they get back in terms of friendship and fun are well proven.

Parents 1st Community Parent Programme

Having a baby should be an exciting life changing event for any parent. Sadly, this is not the case for those who are lonely, depressed or wary of professionals. This is where Parents 1st Community Parent peer supporters come in. Led by experienced Public Health Nurses, Parents 1st is an award winning social enterprise dedicated to building successful Community Parent Volunteer Programmes in disadvantaged communities. "Community Parents" are volunteer mothers, fathers, grandparents and carers who are carefully recruited for their ability to build trusting peer relationships. Expectant parents describe their Community Parent as "someone in their corner" who walks the journey with them through pregnancy, birth and the early months of parenting. A continuum of regular, informal but focused peer-to-peer support is offered at home, in the community and in hospital (including support during labour and birth), nurturing resilience and building strengths in communities.

Want to know more?

Find out more about Parents 1st at <http://www.parents1st.org.uk/> or get in touch by emailing info@parents1st.org.uk

Parish Safety Volunteers

The Parish Safety Volunteers is a partnership between Essex County Fire and Rescue Service and Essex Police working with Parish and Town Councils. It is an idea that has been developed to promote safety within communities, delivered by volunteers living in those communities. It aims to upskill volunteers to provide a real service of value to their own communities, giving advice on Home Fire Safety and Home Security. This project will help to form the backbone of community resilience.

Tending Mental Health Hub

The Government admits that there are only enough resources to meet 15% of the need for mental health services. In Tending we are working together to launch a new project, which aims to keep people with mental ill health resilient, and make the most efficient use of the resources that are available. Working alongside the CAB Mental Health Casework Service, the Tending Mental Health Hub will offer a single point of access for holistic assessment and referral, and the Tending Clothes Hub will offer safe and supported volunteering opportunities.