

Discussion Tables

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

The 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.

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.

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
(no specific age definition of older person but probably over 65, isolated, more vulnerable or struggling to cope)
- They must be open/willing to receive help

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.)

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.

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

Smart Life

Age UK Essex provides a range of services and products to older people across Essex. These range from free services such as Befriending, Advocacy, Information and Advice to fee charging services such as Home Help and Toe Nail Cutting. The organisation also has a Trading Company which sells financial products and assistive technology. In total the organisation supports c60,000 older people pa.

Smart Life is designed to provide a wrap-around service to individual GP practices by utilising the skills of managed volunteers to improve the health and wellbeing outcomes of patients whilst reducing the demand on health and social care services. Smart Life will deliver improved co-ordination of existing services (including those of the voluntary and community sector), promote self-management by patients and focus of prevention wherever appropriate.

Meet Me at the Albany

"The kind of stereotype-smashing thing that sticks two knitting needles up at anyone who dares assume day care for older people is about flower arranging and endless cups of tea." – Saba Salman, The Social Issue

Meet Me at the Albany is an all day arts club for the over 60s managed by the Albany, performing arts centre based in Deptford, south east London and participatory arts organisation Entelechy Arts . The programme provides a realistic alternative to day care provision through the development of new effective partnerships between arts and social care teams. It is able to accommodate adults with a diverse range of needs, and have identified ways to accommodate a number of participants with substantial needs, including those with dementia.

"A tiny fragment of paradise...this is what society would look like, if only we scrubbed out our ignorance and fear...This is either a unique experiment in provision for the elderly – if you write like a bureaucrat – or something as lovely and hopeful as a poem"

Tanya Gold, Create, Arts Council 2014.

Stronger Together – Thurrock Partnership

Every day, people get together to make their community a better place to live – whether it's running a club that benefits the neighbourhood, volunteering to tidy up a park or doing someone's shopping. All these actions build pride in Thurrock's communities, making it a better, safer place to live.

What is Stronger Together?

Stronger Together promotes local, community activities that strengthen the connections between people. Stronger Together also encourages local people to have a greater say in what happens in their neighbourhood and to take control over where they live and the decisions that affect them

Project Brief:

Community Builders are currently active in two wards in Thurrock. They help find people with similar hopes for their area and connect them to build capacity and energy for change. Community Builders are enabling a range of projects which support health and social care through walking, talking and meeting others. In addition, the volunteer involved in getting things started often benefit themselves through building confidence and being more active. Community Builders are integral to our approach to embedding ABCD in Thurrock in a holistic way, working across sectors.