

L Leisure

L Leisure are working in partnership with the local Primary Care Network (PCN) to address low level mental health issues for Broxtowe residents. Through PCN funding L Leisure are providing a service that health practitioners and social prescribers can refer into, with the aim of not only increasing their level of physical activity but also levels of social interaction. Once a referral is received by the L Leisure Active Lifestyles Team they will contact the client for a consultation to determine the most appropriate pathway for them. All are offered a discount gym membership, access to online fitness classes and a dedicated supported gym session at Chilwell Olympia every Wednesday. In addition, the Life Style Team have the ability to refer into other L Leisure activities such as walking football.

The most significant part of the programme is that the clients are supported through a 12-week programme with weekly (or more) contacts with an Active Lifestyle Coach to ensure they are supported and progressing. Since the launch of the scheme it has become evident that without this support including one to one gym sessions where by clients can be gradually introduced to a busy gym environment, the majority of referrals would not have taken the first step to a more active (and social) lifestyle.

Broxtowe Housing

Activities Co-ordinators – 2 officers work in Independent Living schemes providing activities themselves, and working with tenants to help them co-ordinate their own – includes quizzes, fitness (such as chair based exercises), themed days, reminiscing work etc. At the moment they are delivering 'Walk and Talk' walking groups. There have already been held at some schemes but have increased due to Covid restrictions

Independent Living Co-ordinators – complete an 'I-Plan' with each tenant, which is reviewed every 6 months. As part of this they agree frequency of visits by the ILC, who can signpost to other organisations and befriending services.

Tenancy Sustainment Officer – provides short term one-to-one support, signposts tenants to other organisation if social isolation is a concern

Linking Lives UK

This is a Christian charity working with churches and Christian agencies to reach some of the most socially isolated older people in the UK. They work in and around the Beeston area. Their core approach involves linking volunteers (who are fully vetted and interviewed) with older people requesting regular home visits. These visits are carried out once a week or once a fortnight and last for between one and two hours. Link Friends are primarily identified through referrals from social workers, GP's, health visitors, other health/social care professionals and from family members/ friends. Following a referral, an initial assessment is carried out which enables an understanding of the Link Friend's priorities, health issues and existing sources of support and engagement to be understood. Following the initial assessment, the aim is to match a suitable volunteer with the Link Friend. This

process is carried out by considering the location, interests and any hobbies of Link Friends and volunteers available.

Two's Company, is a phone befriending service which has been set up locally in partnership with Linking Lives UK, and aims to provide companionship to those most susceptible to isolation at this time, due to age, location, health or others factors. The project makes use of vetted volunteers from St Mary's Church Eastwood and the wider community. These are people who desire to serve their community who have received training as part of the project.

Phone 0300 302 0225 **Email** admin@linkinglives.uk
Phone 0756 6886 062 **Email** jackie@transformingnottstogether.org.uk

Age UK

They support lonely and isolated older people, living in Nottinghamshire, with a volunteer visitor or telephone befriender to chat with regularly. Their friendly trained volunteers provide regular companionship, provide an opportunity to share life's experiences and a listening ear.

Phone 0115 844 0011 **Email** info@ageuknotts.org.uk

The Silver Line

The Silver Line is the only confidential, free Helpline for older people across the UK open every day and night of the year. People can call just for a chat, to say Good Night or Good Morning to someone, or tell them how their day was. Others call for information, seek advice about something, or share a concern or worry.

Their specially trained Helpline team can:

- offer conversation and friendship
- provide information and advice
- link callers to local groups and services.
- refer people on to receive regular friendship calls.
- protect and support older people who are suffering abuse and neglect.

Phone 0800 4 70 80 90 **Email** info@thesilverline.org.uk

Nottingham Chinese Welfare Association Home Visiting Scheme

The Nottingham Chinese Welfare Association is a registered charity. They provide for the needs of Chinese people and promote Chinese Culture in Nottingham and Nottinghamshire. They offer a home visiting scheme for local Chinese people who need friendship and support or need a chat and are feeling lonely.

Phone 0115 950 7888 **Email** enquiries@nottinghamchinese.org.uk

Nottinghamshire Deaf Society – British Sign Language Volunteer Befriending Scheme

Their Volunteer Befriending Scheme aims to help reduce social isolation for deaf people across Nottinghamshire by matching people with a volunteer befriender. It also increases access to information for deaf people who use British Sign Language (BSL).

As part of this project, the society are also able to offer a tablet lending scheme.
Phone 0115 970 0516 **Email** befriending@nottsdeaf.org.uk

Contact the Elderly

For lonely people, 75 years and over in the UK. Organises free informal get-togethers, once a month on a Sunday afternoon in a local family home, for lonely older (75+) people. Each guest is collected from their home by a volunteer driver, and the small group of guests and their drivers all meet up at a host's home, where they all enjoy a simple afternoon tea in good company. Meetings: once a month on a Sunday within a local family home, there are no charges for meetings.

Phone 0800 716 543 or 020 7240 0630 National Helpline, Monday-Friday 9.30am-5.00pm

Eastwood Volunteer Bureau “Be A Friend Scheme”

The Be a Friend Scheme is greatly valued by both Volunteer Visitors and 'clients'. Volunteers visit people in their own homes to offer company, conversation and even games of chess! The visits take place regularly, most either weekly or fortnightly.

Referrals for the scheme come from many sources including - Family, Friends, Social Workers, Local Voluntary Agencies and self-referrals. The volunteers are required to undergo checks through the Disclosure and Barring Service as well as provide suitable references.

The group recognises that people want someone to visit them for a variety of reasons. These can include being elderly, housebound through disability and without family or friends to visit, often because they do not live nearby.
Phone 01773 535255 **Email:** enquiries@eastwoodvb.org.uk