

The Hangleton and Knoll Project-Older People's Community Development Work Annual Report 2015-16

Highlights:

The 50+ Steering Group Trips and sharing good practice.

Since the Hangleton and Knoll 50+ Steering group first formed in 2007, they have excelled at meeting their original objectives and have gone on to develop new and exciting initiatives to benefit the lives of older local people. Their particular successes include the Annual 50+ October event and delivering the 50+ Trips programme.



50+ Trips started when a dedicated Older Peoples' Community Development Worker (CDW) supported the group to set up a trips committee in 2009 and during their third and fourth year, 101 local older people benefited from social outings organised by the group, including some of the area's most isolated



residents. The CDW has supported the group to realise their potential over the years; to establish networks and partnerships; access funding; develop roles and action plans for their projects. Other key ingredients for their success have included: involvement of local people on the committee; good team work; retaining members over time and seeing the results and the impact of their work.

benefits of their work over time which are also their key achievements and include: reducing feelings of isolation; encouraging a sense of belonging, engagement and community cohesion; and raising awareness and sharing information of 50+ issues, services and community groups.

"Lovely company. As a lone traveller everyone was chatty and friendly."

"I really enjoyed myself. Everyone was really nice."

"I would love to come on more."

The Hangleton and Knoll 50+ group continues to be supported by a dedicated Older People's Community Development Worker who attends regular committee meetings to support the group develop events and activities in addition to supporting funding applications, Capacity building and facilitating a breadth of opportunity. The CDW is always on hand to offer advice, support and guidance as required.



The 50+ Trips Guide has been developed with the support of the CDW in order to share the group's good practice and learning with others. (See Page 24)

50+ Trips are promoted on an ongoing basis through: word of mouth; community newsletters articles; 50+ Website; The Hangleton and Knoll project database; community worker outreach and the 50+ Activities leaflet. (See Page 48)

With the support of the CDW, the group have also developed a 50+ Safeguarding Policy which sets out their commitment to ensure safe and happy volunteers and beneficiaries who attend any of 50+ activities, events or trips. This policy was refreshed and implemented at the groups AGM in 2016. (See page 31)

The 50+ Trips Programme has continued to flourish and now provides 10 trips to over 150 older people every year. The step-by-step Guide lays out the process involved which is the key to its success along with a committed 50+ Trips co-ordinator Volunteer who works closely with the CDW to deliver the programme. (See Page 24)



"Best day out I've had in a long time"
"This was my first trip and I really enjoyed it. Everyone is so friendly and relaxed"

Dementia and partnership at a local level

Alzheimer's Society | Leading the fight against dementia.

Join us at our Dementia Café in Hangleton

If you have dementia, or are caring for someone with dementia, come along to your local café.



Location: Hangleton Library, West Way, Hangleton BN3 8LD
Time: Last Wednesday of the month 6-8pm
For more information, contact: Alzheimer's Society local office in Brighton and Hove on brighton-hove@alzheimers.org.uk or 01273 736266
We look forward to seeing you.

The Alzheimer's Society's work in Hangleton and Knoll has been closely supported by the Older People's Community Worker from the outset. Support was given with identifying a local venue for the now very successful Hangleton Dementia Café at Hangleton Library.

The worker has since helped with ongoing local promotion and engagement for the Dementia Café and publicises it through local email networks and social media.

The Dementia Café and links to the Alzheimer's Society are also included in the 50+ Activities leaflet (see Page 48) which is distributed widely through outreach to 50+ groups, local churches, GP surgeries, community buildings, Libraries and

beyond. The Alzheimer's Society were also invited to attend the Annual 50+ October event and have an information stand about the support and services they offer.

The CDW has been visiting the Dementia Café at Hangleton Library since it started to reach out to the users and bring them information about local 50+ and

community activities.

"The venue and location are really important and it needs to be a familiar, safe space for activities."

"Local activities close by are needed within walking distance with familiar routes."

Sing Healthy Play Happy

Sing Healthy Play Happy is a **FREE** music group for people with dementia and their carers. Come to our **free taster session on Wednesday 25th November, 6:30pm**

In these fun, gentle and supportive sessions we:

- sing familiar and new songs together - explore instruments and sounds
- try out material to use at home
- move gently to music
- make new friends!

Making music together is good for us! It lifts our spirits and helps us relax - it can really take us out of ourselves and give us a break, even for a short while. *No musical experience is necessary!*

More details: call Isabel 01273 965350 or email isabel@openstrings.co.uk

Sing Healthy Play Happy is an Open Strings Music CIC project, facilitated by professional Goldsmiths University of London-trained community musicians Amy Hill & Isabel Emerson.

WHERE?
Hangleton Dementia Café
Hangleton Library
West Way, Hangleton, BN3 8LD

www.openstrings.co.uk







The CDW supported Open Strings to plan, promote and deliver a Sing Happy Play Healthy taster session at the Hangleton Dementia Café which was a success with 8 attendees participating in singing and making music. They were able to gather evidence of need from the feedback received to put towards a funding application for a larger project they will now deliver in Hangleton in 2016.

"We enjoy social activities- just chatting with friends."

"It would be good to do singing and music- everybody loves singing."

The CDW also conducted informal consultation with users, carers and volunteers to find out a bit more about what they want and need locally. Through ongoing local outreach to 50+ groups and responding to telephone inquiries the CDW also regularly signposts service providers and Carers to dementia friendly groups locally, Befriending organisations and support services.

The Alzheimer's Society and Open Strings were invited to speak at the Hangleton and Knoll Health Forum in March to update people about the services and support on offer and new local groups and activities coming to the area.

Open Strings were successful in their funding bid to deliver a 30-week programme in Hangleton. The CDW met with them and discussed ideas about local engagement and promotion for the first 10 week course to start in April. The CDW was able to draw on local networks and share key local contacts such as Wayfield Resource Centre, Befriending Schemes and Alzheimer's Society to help with targeted promotion. The local community newsletter contacts were also given to ensure that the new project was promoted as widely as possible at a local level.

The worker also supported Open Strings with ideas around monitoring and evaluating the project to ensure benefits on quality of life, health and well-being for participants were captured. The CDW was able to share good practice examples of Health Impact Reports, monitoring tools, and questionnaires conducted previously with local 50+ groups.

Sing Healthy Play Happy

Sing Healthy Play Happy is a FREE weekly music group for people living with dementia and their carers.

In these fun, gentle and supportive sessions we:

- sing familiar and new songs together
- explore instruments and sounds
- try out material to use at home
- move gently to music
- make new friends



Making music together is good for us! It lifts our spirits and helps us relax - no musical experience is necessary!

Hangleton Library

Mondays from 25th April '16
10:45am-12:15pm

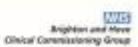
More details: 01273 965350 / info@openstrings.co.uk

Sing Healthy Play Happy is an Open Strings Music CIC project, facilitated by experienced community musicians trained at Goldsmiths Uni and Opus.

WHERE?

Hangleton Library, West Way, Hove, BN3 8LD
by bus: 5B
street parking surrounding venue
fully accessible

www.openstrings.co.uk



"We had a lovely chat about life and music and we started learning 'Leaving on a Jet Plane' on guitar. She wants to take weekly guitar lessons with me so I'll be visiting her each Monday afternoon at her home. Thanks so much for introducing us!"

One very positive outcome on an individual level from this partnership working: it has been possible to link up a musician from Open Strings with a local 50+ person who was keen to learn to play the guitar. This will have a positive impact on that person's quality of life by enabling her to participate in a new activity and to feel less socially isolated.

The 50+ Group Annual October Event

The Annual October event was a great success with over 180 people attending and 40 stall holders. The theme this year was '**You are not alone with 50+**', with a focus on keeping involved, connected and happy in older age. So many of the organisations invited to attend were those the 50+ Group felt actively worked towards alleviating

Hangleton and Knoll
Annual 50+ Event 2015

Get Involved, be Happy

This year at the 50+ Event:

- Hangleton Holistics- pamper and relax corner
- Meet Brighton and Hove guide dogs
- Age UK
- B and H Buses Helping Hands & Safe Haven Schemes
- Alzheimer's Society and Dementia Café
- Older LGBT Project
- Samaritans
- Mind Wellbeing in the City- keeping happy and well in older age
- Martlets Hospice
- The Fed - centre for independent living
- Sussex Police
- And much more

This year's event focuses on ways of keeping involved and happy in older age.

Monday 12th October
1 - 4 pm
St Richard's Community Centre
Egmont Road, Hove, BN3 7FP

If you have special transport needs, would like more information or would like to get involved - call Angie on 01273 416287. Clare on 01273 410858 or Email 50plus@higproject.org.uk

Buses 16, 56 & 66 stop near St Richard's

www.lk50plus.org.uk



social isolation and loneliness.

The CDW worked closely with the 50+ Secretary to take more of a key role in co-ordinating the event this year. The CDW supported her to successfully liaise with service providers, book stall holders, and overall project managing the process to ensure a well organised, well attended event took place.

The 50+ Catering team provided some "exceedingly good" home-made cakes for the cake stall to raise funds for the 50+ group. The newly formed Hangleton and Knoll Men in Sheds Group displayed some of their latest creations – bird-feeding tables which attracted a lot of admiration including from the Mayor of Brighton and Hove.



The CDW supported the 50+ Group to gather feedback from the event attendees which was very positive and demonstrated that the event provided a great opportunity for social interaction, connection and information sharing for local people.

Have taken away some information about HK hedgehogs and services for the elderly.

Extremely helpful- learnt a lot and it is comforting to know that there is so much support and stimulus available for the 'older' fraternity.

Great event- I found out about more places I can volunteer

It had a lot of activities and groups you could join.

A chance for everyone to meet people from other groups

Lots of information, nice music and welcoming atmosphere.

Very helpful and friendly people

Great community event-loved the cake!

Loved the reflexology

Learned a lot, the 3 hours flew by!

The 50+ Group also got some very good feedback from the Service Providers who had stalls at the event along with constructive ideas of how to improve things next time. The CDW supported the group with writing an evaluation report for the event and to make sure that all feedback and learning gained is incorporated into the planning for the next one. Thus building a model of Good Practice for organising their event.

“Very good way of promoting our services “

“Variety of organisations, spaced out well, very easy to move around.”

“The layout, announcements, variety of stalls and subjects on display, refreshments, crafty adults, cake stand, 50+ volunteers and organisation.”

“The relaxed atmosphere, engaging with the public and other organisations, met regular users of the library service in an alternative environment”

“The best event for older people we have ever attended in the City”

The 50+ Event complimented Older Peoples Week in 2015, for which the group organised local activities, see the following report:



**The Hangleton and Knoll Project and the
50+ Steering Group celebrates
Brighton and Hove Older Peoples'
Week 2015**



Wednesday 30th September

Gentle Exercise for the over 60s

- Stretching, loosening and strengthening gentle exercises.
- No extra resources required. Free session offered to new people.
- Oasis Christian Fellowship Church Hall.
- 20 Older people attended.
- Outcome: Older people engaged in gentle physical exercise in a friendly group setting. Reduced social isolation and improved physical and emotional wellbeing.

Thursday 1st October

Hangleton and Knoll 50+ trip

- £300 from Older People's Week funding was put towards the cost of the trip transport.
- The venue was Milestones Living History Museum, Basingstoke, Hants.
- A trip down memory lane through late Victorian time to 1945.
- 18 older people attended.
- Outcome: The trip was a great success. It provided an opportunity for older people to get out on an interesting reminiscence trip with others. This helped to reduce social isolation, stimulate memories, and build friendships and connections.
- "Best day out I have had in a long time."



Thursday 1st October

Knoll Lunch Club

- A hot two course lunch was provided for older people plus a Raffle.
- No extra resources required as was not a free activity.
- St Richard's Community Centre, Egmont Road, Hove.
- 10 older people attended.
- Outcome: It provided an opportunity for older people to come together and enjoy a home cooked meal in a friendly, social setting. This helped to reduce social isolation and improve physical and emotional wellbeing.
- “It helps me to meet people, otherwise I don’t go out. The taxi means I can get there as I cannot walk very well or see or hear very well. Everyone is very sociable here.”
- “It brightens up a miserable day and we enjoy a lovely meal with friends.”

Wednesday 7th October

Hangleton and Knoll Community Garden BBQ.

- Open Garden and BBQ event.
- FREE event. The 50+ Group used their own funds to put on this event.
- Garden at the back of Wayfield Resource Centre, Wayfield Avenue, Hove.
- There were 18 people in attendance including 50+ group members, Garden group members, one child, Wayfield Resource Centre staff and residents, other community volunteers who have helped such as those from Holland Road Baptist Church. Representatives from the Knoll Lunch Club were also invited especially as they regularly receive fresh vegetables such as beans and tomatoes to give to their members.
- Outcome: A successful Garden BBQ event was held to celebrate the first year of the garden. All those who have helped transform the scrubland into a productive plot over the last year were invited. It celebrated friendships, partnerships and the inclusion of the Wayfield community. Thus helping to reduce social isolation and promote social inclusion of older and vulnerable local residents.
- “I really enjoy coming to this garden. It’s really sad as I live in a flat and I have no garden of my own. I love gardening. So coming here is magic.”



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**SCHEDULE 3: KPI Reporting
Performance Report Template**

PLEASE RETURN THIS FORM AS DIRECTED TO: socialcare.contractsunit@brighton-hove.gov.uk

Or: Commissioning Support Unit, Brighton & Hove City Council, Room G38, Kings House, Hove BN3 2LS.

Submission deadlines: Q1&Q2 by 31st Oct / Q3&Q4 by 30th April

| Organisation | FA No. | Name of Service | Report on activity for: |
|--------------------------------------|--------|---|---|
| Hangleton & Knoll Project | 1279 | Locality Based Activities for Older People (Outcome 2) | Q1 / Q2 / Q3 / Q4 (please highlight to indicate) |

PART A

| Ref | KPIs | TARGET PA | Q1 | Q2 | Q3 | Q4 | TOTALS |
|-----|--|-----------|----|------|----|------|---------|
| 1. | Detail on Beneficiaries | Year 1 | | | | | |
| 1.1 | Number of individual beneficiaries (Including BME) Q1-2 (711) inc 50+ BME (35) Q3-4 Includes: 50+ groups (707) 50+ BME (12) NEW (123) | 470 | | 711 | | 719 | 1430 |
| 1.2 | Number/% of individual beneficiaries from BME communities Q1-2 (35) Q3-4 (12) | 30 | | 35 | | 12 | 47 |
| 1.3 | Number/% of individual beneficiaries from LGBT communities Q1-2 (11) Q3-4 (21) | -- | | 11 | | 21 | 32 |
| 1.4 | Number/% of volunteers recruited / supported. Q1-2 (63) Q3-4 (68) inc 7 NEW | 50 – 80 | | 63 | | 68 | 131 |
| 1.5 | Number of volunteer hours (calculated as an Annual value) Q1-2 (5780 Hours per year) Q3-4 (6352 Hours per year) | -- | | 5780 | | 6352 | 12132 |
| 2. | Outcomes and Activity | TARGET PA | Q1 | Q2 | Q3 | Q4 | TOTAL S |
| 2.1 | Number/% of individual beneficiaries attending health-related and physical health activities Q 1-2 (323) Q3-4 (426) NEW (95) | -- | | 323 | | 426 | 749 |
| 2.2 | Number/% of individual beneficiaries attending other | -- | | 353 | | 281 | 634 |

| | | | | | | |
|------|---|----|--|------|------|------|
| | types of activities 50+ Groups + Trips: Q 1-2.(355) Q3-4 (281)NEW (28) | | | | | |
| 2.3 | Total Number of beneficiaries involved in <u>new</u> groups / classes Q1-2 (81) Q3-4 (124) NEW Beneficiaries 50+ Groups inc Trips | -- | | 81 | 124 | 205 |
| 2.4 | Average number of members attending 50 plus steering group | -- | | 8 | 8 | 8 |
| 2.5 | Average number of beneficiaries attending trips Q1-2. 6 x trips (102) NEW (11) Q3-4. 5 x trips (65) NEW (9) | | | 102 | 65 | 167 |
| 2.6 | Average number of beneficiaries attending events. Q1-2. (158) Q3-4 (262) | -- | | 158 | 262 | 420 |
| 2.7 | Number of groups supported to fundraise Q1-2 (7) £18,162 Q3-4 (1) £3,500 | -- | | 7 | 1 | 8 |
| 2.8 | Number of partnerships Q1- 1(29) Q3-4 (32) | -- | | 29 | 36 | 65 |
| 2.9 | Number/% of beneficiaries completing feedback on the services (e.g. <i>Quality of Life Impact evaluations, Case Studies</i>) Q1-2 (21) Q3-4 Case Study 1 (1) Older LGBT Impact Report (8) Quality of Life Questionnaires (57) Round 1. | -- | | 21 | 66 | 87 |
| 2.1 | Of '2.9' above, number/% who have reported positive outcomes from using the service (e.g. <i>increase self-scoring on physical fitness, social life, quality of life etc., add rows as necessary</i>) | -- | | 100% | 100% | 100% |
| 2.11 | Number of staff including volunteers attending health promotion or behavioural change training Q1-2. (10) Q3-4 (4) LGBT Awareness Training (1) Understanding Health | | | 10 | 4 | 14 |

| | | | | | | | |
|--|--|--|--|--|--|--|--|
| | Improvement (2) Basic Life Support and Defibrillation (1) | | | | | | |
|--|--|--|--|--|--|--|--|

PART B

Next to each section please add text up to 600 words. Refer to the section by number/letter and the figures inputted above for that period, providing detail on each activity/output as necessary.

| Ref | Section | Six monthly Report detail |
|-----|--------------------------------|--|
| 1. | Detail on Beneficiaries | <p>1.1.</p> <p>The total number of individual beneficiaries for Q 3-4 was 719, which includes those attending 50+ groups (707) and 50+ BME (12) with the Total of NEW beneficiaries being 123:</p> <ul style="list-style-type: none"> • 50+ Singing Group (17) • Tai-Chi (12) • 60+ Gentle Exercise (40) • Hangleton Short Mat Bowls (26) 6 NEW • CAMEO Club (45) • Knoll Lunch Club (16) 6 NEW • Knoll Pilates (24)1 NEW • Cascadez Line Dancing (30) • Hove Stroke Club (12) • SocialEYES (26) • Food Bank (30) • SEATED Gentle exercise (20) 5 NEW • H and K Health Forum (128) 77 NEW • 50+ Trips (65) 9 NEW • 50+ Steering Group (8)1 NEW • Forget Me Nots (8) • Hangleton Get Together Club (25) 3 NEW • Crafty Adults (10) 3 NEW • Gardening Group (4) 1 NEW • The Old Knollionions Group (25) • Hounsum Fellowship (20) • Men in Sheds (5)1 NEW • OLGBT (17) 4 NEW • Film Club (30) • St. Peter's Drop-in (12) • Bingo (20) • Coffee Break (24) 4 NEW • Art Club (8) 2 NEW <p>1.2.</p> <p>Number of individual beneficiaries from BME communities (12) including those from the Multicultural Women's Group.</p> <p>1.3</p> <p>Number of individual beneficiaries from LGBT communities (21) including from the Older LGBT group (17), Singing Group (4). These beneficiaries are included within the 50+ groups totals as they attend</p> |

50+ groups.

1.4.

In total, for Q 3-4, the Community Development Worker (CDW) has recruited and /or supported **68 Volunteers** in Core groups, including 7 **NEW Volunteers**:

- 50+ Trips (1) NEW
- Food Bank Volunteers (22)
- Food Bank Committee (8)
- 50+ Committee (8) 1 NEW
- Knoll Pilates Committee (6) 3 NEW
- Old Knollionians Committee (11) 1 NEW
- Get Together Club Committee (5) 1 NEW
- Knoll lunch club (4)
- Forget Me Nots (3)

1.5.

In total, for Q3-4, **6352** volunteer hours were counted for Core groups running the community activities and projects that HKP support, calculated as an Annual value. This total is valued at = **£73,048.00** per year. This is an increase in the Annual Volunteer value that was calculated for Q1-2. Please note that the Volunteer Value calculated is an approximate amount and it is likely that the figure in reality is much higher due to the nature of volunteering.

Annual count of Volunteer hours totals for Core groups:

50+ Steering Group Committee (1520)

Knoll Pilates Committee (180)

Hangleton and West Blatchington Food Bank Committee (160)

Food Bank Volunteers (1664)

Hangleton Get Together Club Committee (840)

Old Knollionians Committee (308)

Knoll Lunch Club (1164)

Forget Me Nots (516)

Breakdown of Annual Volunteer hours for groups:

| | | |
|---|--|--|
| 50+Steering Group- currently 8 members. | Chair: (48 Hrs.-meetings, networking, volunteer recruitment, project development emails), | 1520 hours @ £11. 50 per hour =£17,480 .00 |
| NEW Assistant Treasurer. (1) | | |
| NEW Trips Volunteer (not on committee) (1) | Secretary: (48 Hrs.- meetings, admin, approx. 200 hours per year for | |

| | | | |
|--|--|---|--|
| | | <p>co-ordination 50+ event and tea dance alone, average 10 hours a week over 5 months, local publicity, emails) Total= 248 hours</p> <p>Treasurer:</p> <p>(48Hrs.-meetings, admin, finances, invoices funding applications, emails)</p> <p>Trip Co-coordinator:</p> <p>(Ave 20 hours per trip, 10 trips per year, organising and attending monthly trips, trip bookings, funding, emails and admin)</p> <p>Total = 200Hrs</p> <p>Trip Volunteer: (attending 10 trips a year, helping with passenger transport, average 6 hours per trip)</p> <p>Total= 60 hours per year.</p> <p>Garden group X 2 committee members (meetings, working on the garden 40 weeks = 80 hours per person, meeting Community gardener, attending work days, visiting other Projects, sourcing materials)</p> <p>Total= 200 hours per year</p> <p>Men in Sheds X 4 committee members (200Hrs. – monthly steering group meetings 2 hours, visiting other groups, investigating venues, practical projects ad hoc).</p> <p>Committee members X 2 (24 Hrs.- meetings)</p> <p>Total= 48 hours.</p> <p>Outreach and leading up to events and running the Tea</p> | |
|--|--|---|--|

| | | | |
|--|---|--|--|
| | | <p>Dance and Oct events: 20 hours per event per person plus preparation = approx. 160 hours' x 2.</p> <p>Total=320 hours per year.</p> <p>Attending community and networking events to promote 50+ (3 committee members X 4 hours X 4 events)</p> <p>Total = 348 hours per year</p> | |
| | <p>Knoll Pilates group committee - 6 members</p> <p>NEW Committee members.</p> <p>(3)</p> | <p>Includes committee meetings (4 per year @ 2 hours X 6 committee members= 48 hours per year), Treasurer organising payment and Chair organising registration at weekly classes (3 hours per week X 40 weeks= 120 hours), and fundraising (12 hours per year).</p> | <p>180 hours@ £11.50 per hour = £2070.00</p> |
| | <p>Hangleton and West Blatchington Food Bank (8 committee members and 22 food bank volunteers)</p> | <p>Bi-Monthly Committee meetings- 2.5 hours X 8 committee members = 20 hours a year X 8 = 160 hours per year (writing minutes, local publicity, producing Financial reports, media relations, fundraising, liaising with outside agencies, referrals, volunteer training)</p> <p>Also preparing for and running the weekly food bank sessions - 8 volunteers X 4 hours per week= 32 hours per week, =1664 hours per year (setting up the Church Hall, receiving the Fare Share delivery, serving tea and soup, sorting and rotating stock, meeting and greeting Food Bank users, signposting people to advice agencies, recipe of the week bags, bagging up the food parcels,</p> | <p>1824 hours per year @ £11.50 per hour = £20,976.00</p> |

| | | | |
|--|--|---|--|
| | | clearing up at the end) | |
| | <p>Hangleton Get Together Club (5 committee members)</p> <p>NEW Committee member-Assistant Treasurer (1)</p> | <p>6 committee meetings per year, taking and writing up minutes, phone calls to members, organising speakers. 2 hours X 5 committee members X 6 =60 hours per year.</p> <p>Also running the weekly sessions- setting up the hall, teas and coffees- 3 hours per week X 5 committee members=15 hours per week for 52 weeks = 780 hours per year.</p> <p>168 hours per year per committee member X 5 = 840 hers per year</p> | <p>840 hours @ £11.50 per hour= £9660.00</p> |
| | <p>The Old Knollionions (10 committee members)</p> <p>NEW Committee member (1)</p> | <p>This includes 5 committee meetings per year (Including minutes, finances, emails, meetings, fundraising) 10 hours X 11 committee members= 110 hours per year</p> <p>Organising 6 social meetings per year) speakers, refreshments, admin, phone calls, taking money, set up etc.) 3 hours X 11 committee members X 6 = 198 hours per year.</p> | <p>308 hours @ £11.50 per hour = £3542.00</p> |
| | <p>The Knoll Lunch Club (4 volunteers)</p> | <p>Publicity (50+, Knoll Scroll) X 1 hour a month.</p> <p>Planning meetings – included in lunch club sessions</p> <p>Finances, accounts, fundraising X 1 hour per week.</p> <p>Admin and emails X 1 hour per week.</p> <p>Dealing with referrals X 1 hour per week.</p> | <p>97 hours per month</p> <p>1164 hours per year @ £11.50 per hour = £13,386.00</p> |

| | | | |
|----|---|--|--|
| | | <p>Running the weekly lunch club- 2 hours per week X 3 people= 6 hours per week.</p> <p>Hall set up/clear up- 2 hours per week X 2 people = 4 hours per week</p> <p>Washing up X 2 hours per week.</p> <p>Transport X 1 hour per week.</p> | |
| | Forget Me Nots (3 volunteers) | <p>Publicity-X 1 hour per month</p> <p>Fundraising X 2 hours per week</p> <p>Finances, Savings Club, admin and emails X 2 hours per week.</p> <p>Referrals and phone calls X 1 hour per week.</p> <p>Running the weekly session X 3 hours per week.</p> <p>Hall set up/ clear up X 1 hour per week</p> <p>Refreshments X 0.5 hours per week.</p> <p>Transport X 1 hour per week.</p> | <p>43 hours per month.</p> <p>516 hours per year @ £11.50 per hour =</p> <p>£5934.00</p> |
| | TOTAL VALUE OF Annual Volunteer hours counted: | | <p>£73,048.00 per year. For 6352 Volunteer hours based on a value of £11.50 per hour.</p> |
| 2. | Outcomes and Activity | <p>2.1 The total numbers of individual beneficiaries attending health-related and physical health 50+ groups for Q3-4 is 426, with 95 NEW beneficiaries counted. This includes:</p> <ul style="list-style-type: none"> • 50+ Singing Group (17) • Tai-Chi (12) • 60+ Gentle Exercise (40) • Hangleton Short Mat Bowls (26) 6 NEW | |

- CAMEO Club (45)
- Knoll Lunch Club (16) 6 NEW
- Knoll Pilates (24)1 NEW
- Cascadez Line Dancing (30)
- Hove Stroke Club (12)
- SocialEYES (26)
- Food Bank (30)
- SEATED Gentle exercise (20) 5 NEW
- H and K Health Forum (128)
77 NEW

All of these groups/ activities are listed on the updated 50+ Activities Leaflet. (see Page 48)

2.2

The total number of individual beneficiaries attending other types of activities (50+ Groups and Trips) in Q3-4 is **281**, with **28 NEW** beneficiaries counted. This included:

- 50+ Trips (65) 9 NEW
- 50+ Steering Group (8)1 NEW
- Forget Me Nots (8)
- Hangleton Get Together Club (25) 3 NEW
- Crafty Adults (10) 3 NEW
- Gardening Group (4) 1 NEW
- The Old Knollionions Group (25)
- Hounsum Fellowship (20)
- Men in Sheds (5)1 NEW
- OLGBT (17)4 NEW
- Film Club (30)
- St. Peter's Drop-in (12)
- Bingo (20)
- Coffee Break (24) 4 NEW
- Art Club (8) 2 NEW

All of these groups/ activities are listed on the updated 50+ Activities Leaflet. (see Page 48)

The CDW delivers ongoing outreach to GP surgeries, community buildings, Hangleton Dementia Café, 50+ groups and churches to promote 50+ activities, the H and K Health Forum and other activities.

2.3

The total number of **NEW** beneficiaries involved in groups / classes in Q3-4 was **124**, with **7 NEW** volunteers recruited (V). This included:

- Hangleton Short Mat Bowls (6)
- Knoll Lunch Club (6)
- Knoll Pilates (1) + 3 V
- SEATED Gentle exercise (5)
- H and K Health Forum (77)

- 50+ Trips (9) plus 1 V
- 50+ Steering Group (1) inc 1 V
- Hangleton Get Together Club (3) inc 1 V
- Crafty Adults (3)
- Men in Sheds (1)
- OLGBT (4)
- Coffee Break (4)
- Art Club (2)
- Old Knollionions 1 V
- Garden group (1)

The Hangleton and Knoll Health Forum increased by **77 NEW** members this year 2015-2016 with current membership at 128 on the email list. These members have been engaged through local promotion by the Community Team, word of mouth via local residents and patients, and GP surgery consultation outreach.

The CDW provides consistent and ongoing support to the 50+ groups throughout the year (28), with no additional groups for Q3-4.

2.4

On average for Q3-4, there have been **8** members attending the 50+ steering group.

The committee hold regular meetings throughout the year, including extra as required for planning events and conducting outreach and have had 2 successful large events already this year with the support of the worker. The Committee held a successful Annual general meeting in March 2016 where a new member was elected as Assistant Treasurer.

2.5

The total number of beneficiaries attending 50+ trips for Q 3-4 is **65**, with **9 NEW** attendees. Trips organised included:

1. OCT-Chartwell (14) 2 NEW
2. OCT- LGBT Kew Garden (10)
3. DEC-The Grange (13) 4 NEW
4. JAN-Loom Mill (14) 3 NEW
5. MAR- Colehill Gardens (14)

Quotes from attendees from the Chartwell House trip in October:

"Best day out I've had in a long time"

"This was my first trip and I really enjoyed it. Everyone is so friendly and relaxed"

2.6

The Total number of beneficiaries attending events for Q3-4 was **262**.

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| | <p>This included:</p> <ol style="list-style-type: none"> 1. 50+ OCT Event (180) Local community members, service providers and people from across the City attended. 2. Sing Healthy Play Happy Taster (8) Users, carers and volunteers at the Dementia Café attended. 3. DEC Health Forum (28) Local community members and service providers attended. This focused on the Hospital consultation commissioned by the CCG. 4. MAR Health Forum (46) Local community members and service providers attended. This had a special focus on The Practice Plc withdrawing their contract on 5 surgeries including at Hangleton Manor Surgery. <p>2.7</p> <p>The number of beneficiaries (Groups) supported to fundraise by the CDW in Q3-4 was 1, the Knoll Pilates Group who put in an application to the Sussex Community Foundation.</p> <p>For Q3-4, successful applications that the Community Development Worker supported, raised the sum of £3,500</p> <p>These are as follows:</p> <ol style="list-style-type: none"> 1. Knoll Pilates Group- Sussex Community Health Fund (£1,500) 2. Hangleton Get Together Club (£1000) 3. 50+ BHCC Annual Grant (£1000) <p>2.8</p> <p>The number of active partnerships and ongoing collaborations for Q3-4 was 36, this is an increase from Q1-2 due to ongoing networking by the CDW. These are not all formal partnerships but add value and support to our work with older people in various ways (see details below) These are as follows:</p> <ol style="list-style-type: none"> 1. Oasis (50+ network and 50+ groups) 2. Neighbourhood Care Scheme (befriending, 50+ network, befriending) 3. Hounsum Memorial (50+ network and groups) 4. NHS Health Checks (informal referrals, promotion) 5. Food Partnership (Food Bank/Garden) 6. Holland Road Baptist Church (50+network, Garden) 7. Alzheimer's Society (D-Café at Hangleton library, outreach, promotion) 8. LGBT Switchboard (OLGBT/Locality, 50+ network) 9. Wayfield (Garden, outreach, 50+ network) 10. TDC (50+ outreach, OLGBT/Locality) 11. Impact Initiatives and The Hop50+ (OLGBT/Locality/50+ |
|--|---|

- transport/Befriending)
12. St George's Church (Food Bank, 50+ Network and groups)
 13. St Peter's Church (Food Bank, 50+ network and groups)
 14. BHESCO – (Fuel poverty advice/Group visits /Food Bank)
 15. MoneyAdvicePlus/MACS – (Financial inclusion, group visits, drop-in, Food Bank.)
 16. MIND- (Food Bank, workshops, promotion)
 17. Carers Centre (group visits, 50+ network, promotion)
 18. St Helen's/St Richard's (50+ network and groups)
 19. Hangleton Library (50+ outreach, D café, 50+ network, groups)
 20. Bishop Hannington (50+ network and groups)
 21. Churchill House (50+ network, outreach, signposting to groups)
 22. Ingram Crescent Outreach (Saunders House and Muriel House - 50+ network, promotion, signposting transport to 50+ event)
 23. Hazleholme, Mile Oak (50+ network, outreach, signposting to groups)
 24. ReThink Mental Illness (link to 50+ groups, informal referral)
 25. CCG (50+ engagement, Health Forum/Health consultation/GP outreach)
 26. City Wide Connect West Locality Hub- (reduce social isolation of older people, keep active, well and happy.)
 27. Probation Service (Wayfield garden help)
 28. Martletts (50+ network, promote)
 29. Active 4 Life (50+ network, 50+ activities, promotion)
 30. Open Strings (50+ and New Dementia Project, engagement, promotion, monitoring and evaluation advice)
 31. East Sussex Fire and Rescue Service Health and Well-being Project (informal referrals, promotion)
 32. Sussex NHS Partnership Osteoporosis and Falls Prevention Service (50+ network, signposting)
 33. Sussex NHS Partnership Community team at Millview Hospital (50+ network, signposting to groups)
 34. Sussex NHS Partnership Older Adult mental health team (50+ network, signposting to groups)
 35. East Sussex Association for Blind and Partially Sighted (50+ network, signposting to groups, SocialEYES group)
 36. Action on Hearing Loss (RNID) and Contact the Elderly (50+ network, signposting to groups, promotion)

The CDW is currently involved in an active partnership with LGBT Switchboard to deliver the Older LGBT meet up and project locally.

The CDW also actively maintains an informal 50+ network of local 50+group leaders, church contacts, sheltered housing scheme managers and service providers with clients in the area via email. This is used to share relevant information for those supporting older people locally and supports collaborative working and ideas sharing.

| | |
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| | <p>The CDW works collaboratively with Service providers, local groups and organisations as required to meet needs identified by individuals and groups. For example- promotion of a new activity or service, signposting to groups or services.</p> <p>2.9 and 2.10.</p> <p>In Q3-4 the CDW worked with 66 beneficiaries to get feedback on the 50+ groups and activities and capture quality of life and health outcomes.</p> <p>100% from the Case Study and LGBT Group reported positive wellbeing and quality of life outcomes as a result of attending activities that HKP support. The Round 2 Quality of Life Questionnaires however will need to be analysed in order to provide quality of life outcomes and percentages for those participants.</p> <p>The methodology used is as follows:</p> <ol style="list-style-type: none"> 1. Case studies with 50+ beneficiaries (1): <ul style="list-style-type: none"> • Case Study: a 50+ Committee member and Volunteer. (See Page 33) 2. Older LGBT Project Impact Report (8): <p>A reflective report capturing the group journey, the partnership process and the learning gained in its first year and a half, and including feedback from 8 group beneficiaries. (See Page 36)</p> 3. Quality of Life Questionnaires (first round) were conducted with five 50+ groups with 57 participants: <ul style="list-style-type: none"> • 50+ Steering Group (7) • Older LGBT Meet up (10) • Knoll Lunch Club (8) • Hangleton Get Together Club (19) • Sing for Better Health group (13) <p>For the second Round, the CDW will re-visit the five groups with the second questionnaire.</p> <p>2.11</p> <p>The number of staff/volunteers attending health promotion or behaviour change training for Q3-4 totals at 4. These include:</p> <ul style="list-style-type: none"> • LGBT Awareness Training- LGBT Health Inclusion Project (1) • Understanding Health Improvement RSPH Accredited -BHCC (2) • Basic Life Support and Defibrillation-HaKIT (1) |
| 3. | Additional Information |

| | | |
|----|-------------------------------|--|
| | | |
| 4. | Meeting the Objectives | |
| 5. | Any other information | |



Hangleton & Knoll 50+ Trips Guide 2016



Introduction to Hangleton and Knoll 50+ Trips

Since the Hangleton and Knoll 50+ Steering group first formed in 2007, they have excelled at meeting their original objectives and have gone on to develop new and exciting initiatives to benefit the lives of older local people. Their particular successes include the Annual 50+ October event and delivering the 50+ Trips programme.

50+ Trips started when a dedicated Older Peoples' Community Worker supported the group to set up a trips committee in 2009 and during their third and fourth year, 101 local older people benefited from social outings organised by the group, including some of the area's most isolated residents. The support of a community development worker has been essential in working with the group to realise their potential over the years: to establish networks and partnerships; to access funding; to develop roles and action plans for their projects. Other significant factors have included: involvement of local people on the committee; good team work; retaining members over time and seeing the results and the impact of their work.

The 50+ group has identified the many benefits of their work over time which are also their key achievements and include: reducing feelings of isolation; encouraging a sense of belonging, engagement and community cohesion; and raising awareness and sharing information of 50+ issues, services and community groups.

The Hangleton and Knoll 50+ group continues to be supported by an Older People's Community Development Worker who attends committee meetings and is always on hand to offer advice, support and guidance as required. This 50+ Trips Guide has been developed with the support of the Community Worker in order to share our good practice and learning with others.

50+ Trips are promoted on an ongoing basis through word of mouth, community newsletters articles, community worker outreach and the 50+ Activities leaflet.

With the support of the Community Worker we have also developed a 50+ Safeguarding Policy which sets out our commitment to ensure safe and happy volunteers and beneficiaries who attend any of our activities, events or trips. (See Appendix 8, Page 31)

The 50+ Trips Programme has continued to flourish and now provides 10 trips to over 150 older people every year. This step-by-step Guide lays out the Process involved which is the key to its success along with a committed 50+ Trips co-ordinator Volunteer supported by a Community Development Worker.

Step by step Guide to 50+ Trips.

The 50+ Trips Contacts List

The 50+ Group collect contact details from those people who have expressed an interest in attending 50+Trips at various events, activities and through outreach. The 50+ group hold these details in a Trips Contact list, which includes their contact details, any key health issues, previous trips attended, mobility and support needs etc. This is then used when booking people onto each trip. The 50+ Trips Contact list and details are updated after every trip.

Getting the Free Trips from Cornfords

The 50+ Group first found out about Cornfords through the Community Worker at the time who put them in touch. Cornfords contacts the 50+ Trip contact early in the year and asks if the 50+ Group is interested in taking up their free minibus offers. They provide us with a number of full day trips, and proposed dates. The dates are checked with the 50+ Chair to see if we want to change some (school holiday dates etc.). We then negotiate with Cornfords. They sometimes call us asking if we want additional transport which we make use of where we can.

Their telephone number is 01273 726766 and their email address is:

cornford.hangleton@dignityfunerals.co.uk

Choosing Where to Go

We discuss ideas for Trips as a 50+ Committee. We also talk to those who attend the trips to gather their feedback and suggestions in addition to speaking with Cornfords' and Community Transport drivers. We try to have at least one trip which is suitable for wheelchair users but bear in mind the following:

- the Cornfords minibus does not have any facility for lifting wheelchairs so the person must be able to get into and out of the bus on foot
- the Community Transport minibus has a wheelchair lifter
- a wheelchair takes up an extra seat which is something to consider when allocating spaces
- fold-up walking frames do not usually take up any seats but you need to check with the operator
- a 50+ committee member can occasionally go with a car and take wheelchairs and walking frames
- if the person in a wheelchair will need help going to the toilet, that person will need to bring a carer unless one of the volunteers is willing to take on the responsibility. Thus a person in a wheelchair needing a carer takes up three seats.
- we also try to select one full day with plenty of walking for those who are more physically active and able

Having selected a venue, we do the following:

- ensure the venue has relevant Health & Safety procedures in place
- ask about any special restrictions on attendees. For example, for one trip to a recycling depot pacemakers are not allowed, nor are skirts and open-toed shoes
- obtain the costs, if any, (of the tour and food) and see if there are reductions for groups and senior citizens
 - if we are using a Community Transport minibus, we decide whether the attendees should pay some of the costs. Where we can we apply for grants to cover the cost of these trips, we also collect contributions from the attendees to ensure the financial sustainability of the Trips.

- book the trip if necessary depending on the venue. For example, no need to book a visit to a museum or garden centre.
- note that volunteers do not pay for the trips (transport and admission)

The Cost

The average cost of a full-day trip is £15 sometimes more or less depending on how far there is to travel.

*We collect the money on the coach, not beforehand in case people drop out.

Preparing the Paperwork

We prepare FOUR documents for each trip:

1. the **Risk Assessment Form** (Appendix 1)
2. the **Passenger Consent Form** (Appendix 2)
3. the **Itinerary Form** (Appendix 3)

Ensure that any special restrictions are clearly stated on this form.

Once the Venue, Attendees, Transport and Venue are all booked and confirmed the Trip Itinerary is produced and then hand-posted to all those booked on the Trip.

Note that if it has been agreed that the attendee will be collected, this Itinerary Form should state that and give the time.

4. the **Trip Evaluation Form** (Appendix 4)

Choosing the Trip Attendees

We use our 50+ Trips Contacts list to choose the attendees, starting at the place where we left off last time and going backwards or forwards through the list as appropriate. Phone calls and admin relating to 50+ trips can be made at the Community Development Team office as required. You will need to factor in approximately 15-20 hours a month to organising a trip, including phone calls, administration, home-visits, delivering itineraries and attending the trip itself. You may well need to make 50 phone calls to fill a 16-seater minibus.

We take the following into consideration:

- try to select people who have not been on a trip with us in the last year
- match their mobility to the trip
- ask if they would like their “friend(s)”, to be invited. They will sometimes only be happy to go with a friend. This is also a good way to find new people to add to the list depending on whether live in the area or not.
- annotate those who do not reply and try them again later via telephone or email. If it persists, visit the house to see if they have moved, or gone on ahead (and get the Trips Contact list altered as appropriate). Similarly, if the number is unobtainable.
- check that they can do the date and time, that they understand how much walking is involved and that the cost is acceptable. Ask if they require a carer and if they do get the carer's details and check with the carer. Tell them about the special restrictions.
- if they have been on a previous trip and you have the Passenger Consent Form, check with them on the phone if any details have changed and if not you can use the old form
- if we do not have a Passenger Consent form or details have changed, arrange to go and see them. For this you will need to have been DBS (Disclosure and Barring Service)

checked to enable you to visit Older People at home. As referred to in our Safeguarding Policy (Appendix 8)

- if there are changes to be made to the Trips Contact list, add them to a Draft email to the Trips Contact list administrator

We use a Trip Excel spread sheet as a working document for each trip, which we complete to know where we have got to in filling the minibus and getting all the forms back etc. (see Appendix 5)

This is the ‘working document’ for the trip and is created after everything is in place and the itinerary has been given out.

Choose the Volunteers

It is best practice that you have a male and female volunteer where possible for all trips, just in case help is needed with the personal care. Volunteers should have an up to date Enhanced DBS check.

Visits to Complete the Passenger Consent Form completed with all NEW trip attendees.

You will need to have been DBS checked to visit the people in their homes and an organisational/group Identity badge would be useful. Prepare for visits by completing, and printing out, as much detail as you have about the person on the Passenger Consent Form and the Itinerary Form. All group members/ volunteers in regular and/or unsupervised contact with adults at risk including vulnerable and older people, should receive an Enhanced DBS check. As referred to in our Safeguarding Policy (Appendix 8)

Arrange to visit the person and complete the rest of the Passenger Consent Form. If they have a lot of medicines, suggest that they bring along their card on the day in which case make a note on the Form and in the spread sheet that they will bring their card on the day and you must check that they have it. Double check that they feel fit and able enough to attend the trip. Check that the cost is affordable for the attendee. Check whether they need collecting from home and taken to the Community Centre and back; if they do, the Volunteer collector will need to be adequately covered by their car insurance. Point out any restrictions (see above).

Leave them the Itinerary Form and point out your name and telephone number at the bottom and ask them to call if they cannot make the trip for one reason or another (usually hospital appointments) even if it is the morning of the trip.

Send any changes and additions to the Trips Contact list administrator.

Checks Nearer the Date of the Trip

Two days before the trip, phone round to check that they can still make it. If not, phone round to find a replacement.

One working day before a trip, call the Transport provider to confirm the number of seats and number of wheelchairs which will need to be lifted onto the minibus.

The Day of the Trip

Make sure that:

- you and the other volunteer(s) know when to arrive at the collection point e.g. community centre

- you have some water, cups, sweets, First Aid box and the Disabled Toilets Key
- you have printed out sufficient Trip Evaluation Forms and have a few biros for them to use on the bus
- make sure that copies of the front page of the Passenger Consent form (with emergency contact details etc.) are left at base e.g. Community Centre Office
- you collect anyone you had promised you would collect - make sure the how, when and who are confirmed in advance of the day
- always count them onto and off the bus
- you collect the money.

After the trip make sure that:

- you collect the attendees' comments on the Evaluation Forms
- you offer the opportunity to make a small collection for the driver.
- you give out a H and K 50+ Activities leaflet to everyone and any other relevant material
- take any home that you originally collected.

After the Trip

Do the following after the trip:

- send the Trips Contact List Administrator the names of the attendees
- tot up the Evaluation Forms and send the results and the names of the attendees to key contacts in your organisation e.g. Chair of your group, supporting Community Worker. (Appendix 6)
- add that information to the Trips Contacts lists for future reference.

Public Liability Insurance, Risk Assessments and Safeguarding.

The Hangleton and Knoll 50+ Steering Group takes the safety and wellbeing of its volunteers and beneficiaries very seriously. They have adopted a Safeguarding Policy to ensure that procedures and guidelines are in place for all its activities, events or trips as they often work with vulnerable older people. (Appendix 9)

The Hangleton and Knoll 50+ Steering Committee has taken out insurance to cover 10 trips in a year along with public events and other activities. Public Liability Insurance covers the group when you organise an activity or event where you have 'public liability'. This means that your group could be responsible if any of the following things happen to a member of the public at your event:

- injury
- damage to their property
- loss of their property.

The term 'public' means anyone who is not an employee, so it includes volunteers, members, and anyone else attending your events and activities.

If any of these things happen to someone on one of your trips, and they think it was caused by the negligence of your group (or a member or volunteer of your group) they could make a claim against your group. If you have public liability insurance, you may be able to claim that money from the insurance company. Typically, these insurance policies offer cover of between £2 -£5

million. There is no legal requirement to have public liability insurance, so your group needs to decide if you want to take out this insurance or not.

When making your decision think about the following things:

- if most of the people who come to your activities are members or supporters of your organisation they are unlikely to want to make a claim against you
- the venue that you use for your meetings, events or children's club might have their own public liability insurance that also covers your activities. If this is the case, you do not need to get your own insurance
- if the venue does not have its own insurance, it may insist that your group is insured
- some funders insist on you having insurance as a condition of awarding a grant
- as a Trips organiser (or any activities involving members of the public such as events) you have a responsibility to the public to ensure that your trip is run in as safely and in as appropriate a manner as possible. You can do this by doing a risk assessment before the trip (event, activity). A risk assessment ensures that you have thought about all the possible dangers and hazards beforehand, and done as much as you can to prevent them. It does not guarantee that nothing will go wrong, but it should reduce the chance of problems occurring. If anything does go wrong, a risk assessment will show that you have done your best to predict and remove any risks.
- See an example of a 50+ Trip Risk Assessment (Appendix 1)

Please note: Information about Public Liability Insurance above sourced from the Brighton and Hove Resource Centre website: <http://www.resourcecentre.org.uk/>

Finding new people to add to the 50+ Trips Contact list.

The Community Development Worker and / or Community building managers advise us of new people to be added to the Trips Contacts list. It is a good idea to have a form available at our Events, Trips and community buildings on which interested people can provide their details. (Appendix 7)

Appendix:

1. **An example of a 50+ Risk Assessment for a Trip.**



Risk Assessment for
Veolia Recycling Cent

2. **50+ Trip Passenger consent form.**



Passenger Consent
Form.doc

3. **An example of a 50+Trip itinerary.**



Itinerary for the
Godalming Horsedraw

4. An example of a 50+Trip Evaluation form.



The Old Loom Mill
Evaluation Forms - 18

5. An example of the Trip Excel Document used on the day.



Microsoft Excel
97-2003 Worksheet

6. An example of a 50+ Trip Evaluation summary.



Evaluations.xlsx

7. An example of the 50+ Trip sign-up form.



H&K 50+ Trip Form -
14 January 2016.doc

8. The Hangleton and Knoll 50+ Steering Group Safeguarding Policy.



Hangleton and Knoll 50+ Steering Group Safeguarding Policy



Duty of Care Guidelines – Safeguarding Adults

Definition of an Adult at Risk:

"People with learning disabilities, mental health problems, older people and people with disability or impairment are included within this definition, particularly when their situation is complicated by additional factors, such as physical frailty or chronic illness, sensory impairment, challenging behaviour, drug or alcohol problems, social or emotional problems, poverty or homelessness." (Law Commission Report 231.1995).

It is the Duty of Care of the Hangleton and Knoll 50+ Steering Group to model and advocate Best Practice by ensuring all activities, meetings, trips and events are positively safe for everyone involved. This requires the pro-active safeguarding of all beneficiaries and ensuring that any adult at risk who is participating with the group is kept safe from harm and exploitation.

The Group endeavours to do this by ensuring procedures are in place for safeguarding adults at risk to ensure as below:

1. Respect and promote the rights, wishes and feelings of all especially vulnerable adults at risk.
2. Model and advocate to its Group members/volunteers to adopt best practice to safeguard and protect adults at risk from abuse, and themselves against false allegations.
3. To complete Risk Assessments for ALL 50+ groups, activities, events and Trips.
4. To ensure that a designated Emergency First Aider and First Aid box is available for ALL 50+ trips and events.
5. To complete Passenger consent forms which include emergency contact details and health information completed for ALL those attending Trips.
6. A copy of this Safeguarding Policy and Safe Volunteer Terms of Reference given to all Group members and volunteers.
7. Require all Group members/volunteers to adopt and abide by the Group's code of conduct, procedures detailed in this policy.
8. All events, activities and volunteering practice to be accessible, inclusive and promoting equality of opportunity.
9. Respond to any allegations appropriately and implement the appropriate reporting procedures
10. To see that the needs and interests of the adult at risk are paramount.
11. To ensure all 50+ Group members/volunteers in regular and/or unsupervised contact with adults at risk to receive an enhanced DBS check. The cost of these checks will be covered by The Hangleton and Knoll Project all the while Older People's work is funded.
Please note: DBS checks are transferable between volunteering so do not need to be redone if they are in date.
12. To maintain and regularly review the 50+ Safeguarding Adults at Risk Policy and guidelines, including actions to be taken in the event of an allegation of abuse by a volunteer/committee

- member.
13. To ensure that **confidentiality of all personal details** is upheld in line with Data Protection Act 1989 and Human Rights Act 1998.

Safe Volunteers Terms of Reference:

In order to Safeguard 50+ beneficiaries it is important that the 50+ Group members and Volunteers themselves are also safeguarded and supported by giving them clarity about their roles and responsibilities as appropriate:

1. **Money handling guidelines**- Designated Lead person to collect payment for the trip or activity on the day and advise the Treasurer of trip costs and expenses.
2. **Volunteer expenses and benefits policy** – Trip volunteers can attend the trip for free which includes transport and entrance fees and necessary sustenance.
3. **Personal care and toileting guidelines** – Volunteer to be prepared to assist disabled and elderly people with their personal care and toileting needs as required.
4. **Manual handling guidelines** – Volunteer to be prepared to assist people on and off transport as required. However, for people who are severely disabled and require lifting or wheel chair pushing a personal carer will be provided.
5. **Emergency First Aid Guidelines**-Volunteer to assist the designated Emergency First Aider as required. A First Aid box will always be available on trips and at events to help with this.

Report of Alert Procedures:

Reporting Allegations

Scope for abuse will be minimised if the Group's activities are run with the safety of all its members in mind and sensible steps are taken in dealing with vulnerable adults. The Group should bear in mind that it is not their duty to investigate any allegation. The duty is to document and report to the names safeguarding officer.

This is the Chief Executive Officer of the Hangleton and Knoll project (HKP), although the issue can be raised to the Community Development team in the first instance.

The Hangleton and Knoll [project will support the appropriate actions and investigation.

Adopted at the Hangleton and Knoll 50+ Steering Group Annual General Meeting.

Signed:

(Position in organisation)

Signed:

(Position in organisation)

Date:

The Hangleton and Knoll Project Case Study

November 2015.

1. Basic profile:

Female

Aged 67

White British

Heterosexual

2. Before involvement:

When Judy retired in 2010 she felt scared and wary about what life would be like, so she started looking for something to do with her time. She had been away from Brighton for 11 years had just moved back to Hangleton with her husband and did not know anyone. She realised that she needed to get out and meet people, make new friends and local networks otherwise she would feel lonely and isolated.

3. Participation:

Judy saw an advert in the Hangleton Harbinger, the local community newsletter about the need for volunteers with The Hangleton and Knoll Project. She got in touch with the Community Worker and came for a meeting at a local community centre. She was able to find out more about the volunteering opportunities available locally and to see how best they could match her skills, experience and aspirations.

Judy started taking the minutes for a local group called **Hangleton and Knoll Community Action**. This forum acts as a local action team for the Hangleton and Knoll area and is made up of local residents, community group representatives and service providers. The group held ten meetings a year at that time. Judy was able to shadow the project administrator for 6 months and learned how to set Agendas, and take and present minutes. Judy attended the steering meetings for the group from the start and after the 6 months of mentoring felt very confident in her role as Secretary. Judy went on to be supported by the Community Development Worker who provided ongoing advice and reassurance as required with newsletter articles, minutes and agendas.

She demonstrated her commitment and reliability to the group and earned their trust as a volunteer by always attending meetings and maintaining a professional approach to her role. Judy went on to be elected as Secretary and took on formal responsibility which also involved updating the database, press releases, community newsletters articles, and inviting speakers.

Judy then offered her skills and experience in helping The Hangleton and Knoll Project to set up a **Parent-carer support group** in partnership with Amaze. Judy has a son who is deaf, so felt she had a lot of personal experience to offer as well as professional expertise. It was an intensive, large piece of work led by the Community Development team. Judy worked with the Community Worker and an informal steering group of 6 parent- carers to plan outreach, promotion, structure of group meetings and dates for meetings.

Judy also helped with door knocking in the local estates, leafleting and speaking to people to identify families and children in need of support. She found this a bit of challenge, but actively participated in it.

Due to other commitments Judy has taken a step back from the Parent-Carer group and does not get as involved with the planning, but continues to support the meetings by helping with teas and coffees and helps with outreach to local schools. Judy continues to be Secretary for Community Action.

Judy was then approached by the Chair of the **50+ Steering Group** about taking on the role of Secretary. This group supports groups and activities to meet the needs of older people in the Hangleton and Knoll area. It also organises two events a year and monthly trips. She felt very welcomed and got involved straight away helping to organise the Cream Tea event. It took some time to get to know everyone, to clarify roles and responsibilities and relax into the role.

Over time Judy's roles and responsibilities have expanded and developed in response to the needs of the group. Judy was mentored by the Community Development worker to co-ordinate the very successful October event 2015. Judy's other roles and responsibilities include: publicity and media relations; outreach and representing the group at networking events. Judy continues to work closely with the Community Worker who helps her keep motivated and feels supported in her role.

Judy started attending the **Hangleton and Knoll Health Forum** as a resident interested in health issues. She went on her own initiative to the Patient Participation Groups (PPG) Network meeting. She was then asked to formally represent the Health Forum at the network meetings, provide reports and feedback. She is now actively involved and sits on the Health Forum Steering Group along with other local residents and attends regular Health Forum meetings.

Impact of Participation:

- Judy was awarded the **Older People's Day Special Impact Award 2015** which was a great achievement and acknowledgment of all the time, energy and commitment she has put into her local community.
- **"My confidence has grown 100%. I value myself more"**
- Volunteering for Hangleton and Knoll Project has, **"Taught me to be more engaging with people and see things from other people's point of view. I have more empathy now; it has changed my perspective on life."**
- Judy feels her volunteering has had a positive impact on her emotional wellbeing, feeling **"more resilient"**, as she has lots to focus on and keeps very active and busy.
- Judy feels **less isolated and more connected** to her local community with wider social networks and new local contacts with individuals and groups.
- **"I know so many people in the local community now. I go to Sainsbury's and always meet someone I know, which I didn't do at the beginning."**
- **"I feel I belong more to the local community now due to my involvement in local groups and have gained recognition and respect from people for it. "**
- Judy has been supported to **co-ordinate the 50+ Annual October event 2015** which was a great success with over 40 information stand and 180 attendees.
- Judy has developed skills and confidence in **public speaking** by talking at the Health Forum and feeding back from the PPG network meetings.

- Judy has developed her **report writing skills** by regularly providing articles for Community Newsletters, Minutes for meetings, Press Releases, and reports for the Health Forum.
- Through undertaking **outreach for Parent Carer, Dementia Café and 50+** Judy has developed her confidence and skills in this area and feels she is able to effectively engage and build rapport with people.
- Judy has attended **Emergency First Aid Training** which is useful for her volunteering with groups.
- As a result of Judy's involvement in the Hangleton and Knoll project, her **husband has now become a Trustee** so is involved in the Governance of the project. He is also a 50+ Committee member, attends Community Action and has been instrumental in getting Men in Sheds off the ground, a social group for older men.
- Due to working closely with the Community Team over the last 5 years, Judy has developed a **strong understanding of the values and principles of Community Development** and is able to use her skills and experience to put it into practice at different levels in her various roles.
For example: working with communities of interest such as Parent-Carer and Older people specifically and working to support their needs; working in partnership with a local neighbourhood focus; committee skills and managing group dynamics; communication and assertiveness skills when dealing with challenging situations and people; the importance of outreach and engagement in the community; an understanding of group ownership, empowerment and collective decision making.
- **"I feel I have proved to myself and the community that I am trustworthy, reliable and committed and an asset to The Hangleton and Knoll Project."**



The Hangleton and Knoll Older LGBT* Project

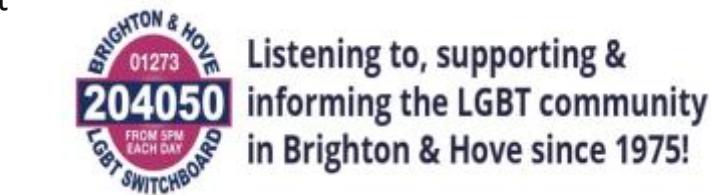
October 2014-March 2016 Report

The Hangleton and Knoll Older LGBT* Project is for Older lesbian, gay, bisexual and Trans* (OLGBT*) people in the Hangleton and Knoll area. It has been running since October 2014 and is supported by a Community Development Worker (CDW) from The Hangleton and Knoll Project in partnership with Brighton and Hove LGBT Switchboard. It follows on from the previous LGBT work in the local area but with a focus on older people in order to better meet their needs.

The Hangleton and Knoll Project has worked closely in partnership with Brighton and Hove LGBT Switchboard to nurture and support the development of this group and organise the meetings, promotion and healthy lunches. Through LGBT Switchboard we link our residents with citywide opportunities and services to help increase health and wellbeing and reduce social isolation. They have also supported by providing expertise on LGBT* specific issues and raising awareness specifically about the needs of Older LGBT* people, such as Housing, Health, legal and financial matters.

The group's overall aims are to improve members' mental and physical wellbeing and reduce their sense of social isolation. This group has given people that often feel isolated the opportunity to join a social circle of activities and friendships. This in turn will improve mental health and well-being and support healthier and happier aging.

The group holds monthly meet ups at the Emmaus Café, Portslade. As with all of our groups, we aim to bring OLGBT* people together in an informal, safe and social space. As the group has developed they have taken ownership of the sessions and where they wanted to meet and



what they wanted to do. Emmaus Café became a safe and relaxed space to be for the spring and summer meetups with its gardens and shops to browse.

The core group of fourteen is a mix of lesbians and gay men, with predominantly women attending at this time. There is one transgender man who has just started to attend. The ages range from 46 to 83 years old.

We provide a healthy lunch from the Emmaus Café and hot and cold drinks for the group at every meet up. The Hangleton and Knoll Healthy Neighbourhood Funding we received at the start of the project has been vital in supporting the regular monthly meet ups and has covered the costs of transport, venue hire as required, refreshments and now healthy lunches and



drinks for the group at Emmaus.

Being able to provide a regular healthy meal for this group not only makes the meet ups very appealing for people and encourages people to attend, but also supports their physical and emotional wellbeing by eating well in a nice social space.

Many members of the group have various long term mental and physical health conditions

that can act as barriers for them participating in activities and groups on a regular basis. They have said that they really appreciate the opportunity to attend these regular drop-in style meet ups in an accessible and relaxed venue where there are no expectations on them and makes a nice change from medical appointments.

The health conditions experienced by group members are very diverse and include:

Multiple Sclerosis, terminal cancer, visual impairment, arthritis, diabetes, chronic mental health conditions, and epilepsy.

The Older LGBT Project worker said, “I have never seen such a diverse group of Older LGBT* people coming together. I am seeing the benefit of working alongside a neighbourhood Community worker and working at a local level, as well as linking them into city-wide LGBT networks, support and services. It's fantastic that the Hangleton and Knoll project have such a wide range of groups and activities that people can join in their local neighbourhood.”



In partnership, the CDW and the LGBT Switchboard Worker, are committed to ensuring that everyone is made to feel safe and welcome. They also support individuals to overcome any barriers to attending the group. More vulnerable people have tended to phone before attending in response to publicity and spoken to a worker such as someone referred from Mind Out (an LGBT Mental Health project). This support is vital in engaging more isolated and vulnerable Older LGBT* people and supporting them to attend meet ups in community buildings and new LGBT* spaces. The workers prioritise supporting individuals within the group and make sure that their needs are being met. They are proactive in signposting and referring them to other services, support and activities as required.

The group functions as an informal drop in and the meet ups have no agenda or structure and discussions are very much led by the members. A strong sense of mutual support, information sharing and rapport has developed over the last few months and discussions are held about a wide range of issues including: mental and physical health issues and experiences; housing and care homes support and social care ; different experiences of LGBT* and mainstream groups and activities; history of LGBT, films and books; growing old; children, parenting, peer groups and schooling; gender identity , fluidity and sexuality; experiences of different countries, cultures and religions, and more.



Information is also shared by the Community Workers about city-wide LGBT* events, services and activities, and participation is encouraged and supported as required. The neighbourhood CDW also shares links and information about local and generic neighbourhood services and activities in Hangleton and Knoll area. This allows people to get involved in non-LGBT* activities if they want to, having experienced that these centres are LGBT* friendly.

Ongoing outreach is conducted by the CDW to maintain contact with and also to find hard to reach and vulnerable LGBT* people in Hangleton and Knoll area. Two group members initially made contact with The Hangleton and Knoll Project through attending the Health Forum and Cancer Focus Group. Recently the CDW made contact with another couple who attended the Hangleton and West Blatchington Food Bank. Information was sent to them

via the foodbank about the local meetup as well as city-wide LGBT networks, support and services available. It is hoped they will make contact so the CDW can find out how to support them further if required.

The CDW visited one severely sight impaired group member at her home prior to the group starting and invited her to the project launch at the Lord Mayor's Parlour, to talk about the new project and to build her confidence about attending. This person who finds participating in groups a challenge due to being severely sight impaired is visited at home by the CDW when not attending the group and kept informed via emails and phone calls about all activities and events. She has also been referred to the LGBT Befriending Service that LGBT Switchboard is developing with St John's Centre.

The Partnership has been able to build on the previous work done by The Hangleton and Knoll Project in further raising awareness of LGBT* issues and promoting the visibility of LGBT* people locally. The group is promoted by the CDW to local networks via email, Social media, posters and flyers in community buildings and noticeboards. We have been able to utilise the email list from the previous LGBT project run in the area (41 contacts) and Facebook Page (105 members) to publicise the meet ups and reach out to local people. This has been refreshed and expanded to include more contacts over the last year as the group and the city-wide Older LGBT Project has developed. The LGBT Switchboard worker also communicates and information shares to a wide range of LGBT networks and contacts. The H and K Group is included in this network and also promoted through it.

The launch of the Older LGBT Project at the Lord Mayor's Parlour
October 2014.



The H and K Older LGBT* Impact Evaluation

Summer 2015

The Community Workers conducted an Impact Evaluation with 8 members of the group during June and July in order to capture their feedback about the project so far and also any impact or benefits they felt it brought them. This was done by using a questionnaire which the workers developed and supported the group to complete.

We asked the group the following questions:

1. How did you find out about the group?

- Lesbian Link
- Older and Out lunch club
- Leaflet at St Richard's after the H and K Health Forum
- Previous involvement in the Hangleton and Knoll LGBT Project and the Community Worker making contact with me.
- LGBT Switchboard worker

2. What did you hope to get out of it at the start?

- I had no expectations
- To get to know local LGBT people
- To meet new people
- To make new friends and mix
- To meet like-minded people
- To have a social life

3. What do you feel the benefits of coming to this LGBT specific group are for you rather than another type of social group?

100% felt it was beneficial for them to attend a LGBT specific group.

- Identification
- To be able to be myself and be “out”
- Meeting like-minded people
- Just nice to mingle with other people and share experiences
- A nice morning amongst old and new friends
- Gets me out of the house and it’s nice to meet gay men and women.
- These meet ups encourage other like-wise meetings

4. What other social groups, activities and meet ups do you attend locally or in Brighton and Hove?

| | |
|---|--------------------------|
| Hangleton and Knoll Multi-Cultural Women's Group | Older and Out lunch club |
| Gardening group | Lesbian Link |
| U3A- local history, Spanish, table tennis, wine tasting | Yoga |
| Sing for Better Health group | Supper Club |
| Brighton and Hove Guide Dogs | Personal Training group |
| Learning musical instruments | Blind Veterans UK |

5. How welcoming and safe do you feel the group is?

88% felt the group was safe and welcoming.

“The new venue feels safer and more welcoming and relaxed. “

“Everyone is very welcoming”

“Very safe and very friendly”

“I enjoy coming to the group, it is very welcoming”

“Helen and Clare always remember us and are very welcoming. The free lunch always helps too ☺ “

6. Has coming to this group helped you to feel less isolated?

50% said that they did not feel isolated before attending the group.

38% said that they felt less isolated since attending the group.

“This group helps boost my confidence in meeting new people”

“I look forward to the meeting every month and it seems like it is getting more popular”

7. Has attending this group helped to make you feel less isolated and more connected with the Brighton and Hove LGBT community?

88% felt more connected and less isolated.

“I have got to know more LGBT people but this is only one facet of my life”

“It has been helpful to have ‘mornings out’ and meet new people.”

“I think the people we meet at this group will lead onto other outings and journeys, which is always a good thing”

8. How has attending this group impacted on your health and wellbeing by being more active, involved and connected with others?

50% felt attending the group had a positive impact on their health and wellbeing.

“It encourages me to get out more”

9. How confident do you feel accessing support, services and activities as a result of attending this group?

88% felt more confident accessing support, services and activities.

“I now know who I could approach if I needed help with an issue”

“Because of my bad health this feels like a light at the end of the tunnel to know there is support out there”

10. How do you feel you have benefitted from attending this group?

100% felt that they had benefitted from attending a regular social group.

- Nice to meet new people
- I know more local people
- Meeting new people each time and looking forwards to future events
- New places to go
- I get out every month now to meet other people, to do something pleasant and entertaining rather than just doctors and hospital appointments.
- I look forward to meeting up every month and sharing our stories.
- I like to receive the regular emails from the Community Workers telling me what is going on for LGBT people as well as locally, even if I do not attend the group at the moment.

11.What could we do differently to make the group even more useful, appealing and beneficial for yourself and others moving forward?

Ideas for the group moving forward:

- Housing/ future housing needs/ rest homes-speakers
- Advice about legal issues such as power of attorney and wills
- Health issues-workshops/speakers
- Social group for pub lunches in the countryside
- Trips out

Key learning points and Outcomes for the Project so far:

- This group is already an **important local resource for OLGBT*** Hangleton, Knoll and West Hove residents, helping them build **more resilient social networks and support healthier ageing**. The outcomes clearly demonstrate the positive impact the group has had on addressing social isolation by providing a **safe and welcoming space** for people and a regular meeting point.
- **100% felt that they had benefitted from attending a regular social group.**
- **100% of group members felt that attending a LGBT* specific group was very beneficial to them.**
- The group also serves as an important function for **information sharing, signposting and linking people into to the wider LGBT* support networks**, services and activities. The outcomes demonstrate how much more informed and confident the group feel in meeting their own needs and accessing services and support.
- **88% felt less isolated and more connected with the Brighton and Hove LGBT community as a result of attending the group.**
- **88% felt more confidant accessing support, services and activities as a result of attending the group.**
- For example, some group members have attended other city-wide LGBT events such as the Housing Conference organised by the Older LGBT Project as that is a particular topic of interest and concern for them as they grow older.
- Some of the members are now feeling sufficiently confidant and connected to want to **volunteer** for the LGBT Befriending service that Impact Initiatives and the Older LGBT Project are developing.

- Some of the group have also attended a LGBTQ Fundraising workshop and have since contributed ideas towards future funding applications that will help the group become more sustainable. There is a real sense of **ownership** developing and the group are keen for their meet up to continue and want to help fundraise for other activities such as trips and special social events too.
- **Friendships and social connections** are developing outside of the group, and some group members have arranged to meet up to attend other events such as the Trans* Pride event and The Breakfast Club meet up for OLGBT* people in Brighton. Some even meet for shopping and coffee.
- Some members of the group regularly attend **local representative groups and meetings** such as the Hangleton and Knoll Health Forum and Multi-Cultural Women's Group and engage with neighbourhood issues.
- We have learned the **importance of individualisation of support for Older LGBT*** **people** in helping them overcome often complex /multiple barriers and meeting their needs. The Group setting does not work for everyone, sometimes people have too many personal issues to be able to comfortably integrate and build relationships within a social- group setting. The Partnership work hard to ensure that individual needs are being met and any concerns or barriers are addressed.

For example:

- Someone experiencing complex long-term mental health issues for example might find the group social setting a bit hard to cope with at first, and might benefit from phone calls and extra support such as Mind OUT. One individual dips in and out, depending on how she is feeling and is always made very welcome by the group.
- Recently, a Transgender man made contact with the LGBT Worker and was supported to attend a meet up. The Worker had already talked through what to expect from the meet up with him and was aware of any concerns or issues he might have in the group setting, which she briefed the Community Worker about beforehand. As a result, he felt confident enough to come along and was supported to participate and is now a regular attendee.
- One male group member initially felt a bit uncomfortable with the lack of men attending the group and was signposted to the Older and Out Lunch club which has more of a mixture of men and women attending. He attends the meetups regularly and participates well in discussions, but he has other options too if required.
- Another person who originally attended the meet ups has found her severe visual impairment, low self-esteem and confidence ongoing barriers despite being supported inside and outside the group by the project workers. The CDW has **signposted** her to other support and advice organisations to try to meet the needs identified. She expressed a need for a 'buddy' to provide one-to-one support, who would help build her confidence and enable her to participate in normal everyday activities such as walking her dog, going to a supermarket, attending social events etc. She has now been referred to the LGBT Befriending Service that is being developed by Switchboard and St John's Centre. This person has also been linked

with a local group called Hangleton and Knoll Men in Sheds for some practical support with her garden and signposted to East Sussex Action for the Blind social and activity groups for more active and independent visually impaired people.

- Our Partner LGBT Switchboard and the Health Inclusion Project delivered **LGBT Awareness training** (including Transgender) for workers and volunteers in the Partnership. The advantage of this being it will raise awareness about equality and diversity issues with workers and volunteers who can then support training with local services, groups and organisations to **cascade the learning**. This will further embed the Older LGBT* project into the community and build on the equalities and diversity work the Project has already undertaken over the years to promote active inclusion and embracing of difference and individuality.
- Ten members of the group went on a successful **trip to Kew Gardens** in London and met up with the Opening Doors LGBT Group who provided them with free tickets. The Breakfast Club café, where another LGBT meet up group is held in Brighton, raised the funds for the transport costs. The Worker was able to support by sharing 50+ Trips learning around risk assessments, passenger consent forms and transport providers. So it was a **lovely collaboration**.
- The Community Worker works across the neighbourhood and comes across LGBT* people in a variety of settings, the **advantage of working at a local level**. For example, an LGBT* couple who used the Food Bank were linked into city-wide LGBT services and support. The close **partnership working** with LGBT Switchboard meant that the CDW was in a good position to be able to pass on appropriate information for signposting to LGBT support, services and networks. This is a good example of **strong local networks and partnerships** being used by the CDW to reach out to isolated local people.



Next steps for the project in 2016-17:

Both workers continue with their outreach and to introduce new people to the group as a 'soft way in' to the Older LGBT project, as it is so accessible, relaxed and welcoming. The numbers continue to grow and at the end of March 2016 there is now a group of 17. The group are currently enjoying building friendships and linking into city-wide LGBT activities and events.

The Workers will be talking to the group to get their feedback on the project now that it has been running a year and a half. They will also be talking to them about any ideas for particular trips, cinema visits or activities they might like for 2016. Another trip to Kew Gardens has already been planned, the hope being to take more people as the project has now grown.

The CDW continues to work closely in partnership with the LGBT Switchboard Worker to support the group to meet monthly, undertake outreach locally and to link them into local activities and events.





April 2016
Edition



Are you aged 50+?



You may be interested in some
of these activities in the
Hangleton & Knoll area
(even if you don't live in the area)
www.hk50plus.org.uk

St. Richard's Community Centre, Egmont Road, Hove BN3 7FP. Tel: 01273 414483

Hangleton Community Centre, Harmsworth Crescent, Hove BN3 8BW. Tel: 01273 292962

Leaflet designed by The Hangleton & Knoll Project
in partnership with the 50+ Steering Group

www.hk50plus.org.uk to download this leaflet

www.hkproject.org.uk to find out more about the
Hangleton and Knoll Project

www.thefedonline.org.uk/services/out-and-about/its-local-



Monday

H&K Multi-Cultural Women's Group Yoga

(Women only)

St Richard's 9.30am - 10.30am
£3 for non-members, £1 for members
Contact Takako Higgs: 07830 266819 or takako18@hotmail.com



In Shape for Life

£2 concessions / £3 (for adults of all ages)

9.30am - 10.30am

Hangleton Community Centre
Contact Dan Brooker: 01273 294204



Old Knollionians (formerly Knollites Group)

St Richard's 2pm - 4pm £3.50

Refreshments and guest speaker

Contact: Mike: 01273 777733 or mhookham@yahoo.co.uk



Film Club

2pm first Monday in the month

Bishop Hannington Church

Tea, coffee and cakes Donation of £1.50

Contact Jacque: 07917 875355



Females in Training Together (F.I.T.T.)

St Richard's 3.30pm – 6.30pm

£5 per session, loyalty cards available

Includes refreshments

Contact Debbie Smith- 07930251077 or 68debz@gmail.com



Slimming World

£4.95, (£4.65 for over 65s)

Oasis

7pm - 8.15pm

Contact Tania: 07932 357436



Tuesday

Falls Prevention Classes

Balancing class for over 60s

£24 for 12 week course

Hangleton Community Centre 10am – 12:30pm

Contact Angie Steel: 07876 898045 or angie.steel@albioninthecommunity.org.uk



Tai-Chi

St Richard's 12 noon - 1pm £5

Contact Pat or Ann: 01273 414483



Sing for Better Health

£3.50

St Richard's 1pm - 2.30pm

Contact Udita: 01273 556755

Tuesday

60+ Gentle Exercise

£4

Oasis 2pm - 2.45pm

Contact Susan Ralph: 01273 249600



Forget Me Nots

St Richard's 1.30pm - 4pm

Bingo, refreshments and a chat

Contact Pat or Ann: 01273 414483



Hounsom Fellowship

Every other Tuesday 2.30pm - 4pm

Hounsom United Reform Church

Speakers and refreshments

Contact William Grave: 01273 738762 or

w.rgrave@virginmedia.com



Trefoil Guild (Guiding for Adults)

First Tuesday of each month (not Jan/Aug)

St Peter's Church, Hangleton Road

Membership fee £16 per annum

Get together, talks, craft, outings

Contact: Hazel 01273 732137 or Janet 01273 504513



Wednesday

Computer Drop-in HaKIT

Free

St. Richard's

10am - 12 noon ,1 - 3pm, 3 - 5pm

Contact Lulu: 01273 881446



Hangleton Get Together Club

£1.50

Oasis

10am – 12pm

Contact Ray: 01273 884149 or Doreen:

01273 737562



Crafty Adults

Free - Alternate Wednesdays

Churchill House

10am -12noon

Contact Mary: 01273 413103 or

mariafour@talktalk.net



Knoll Pilates for Beginners

6 for £20

St Richard's

11.40am - 12.45pm

Contact Jacquie: 07825 210950 or

Jacquie@baker84.co.uk



60+ SEATED Gentle Exercises

£4

Oasis

10.30am - 11.15am

Contact Susan Ralph: 01273 249600



Wednesday

Food Bank

12.30 pm – 2.30 pm

St George's Church Hall

Contact Zoe: 07990 631892 or

hangletonfoodbank@yahoo.com

www.hangletonfoodbank.org



Hangleton & Knoll Community Garden

2pm onwards

Wayfield Resource Centre

Contact Clare Hopkins: 01273 410858



Hangleton Dementia Café

Free - run by the Alzheimer's Society

Hangleton Library - 6pm – 8pm last

Wednesday of each month

Drop in for people living with dementia

Contact: Joanna on 01273 726266 or Joanna.MacKinnon@alzheimers.org.uk



H & K Health Forum

Quarterly on Wednesdays 10am – 12noon

St Richard's

Contact Clare Hopkins: 01273 410858



H & K Community Action

Quarterly on Wednesdays 10am – 12noon

St Richard's

Contact Pat or Ann: 01273 414483



Thursday

Computer Sessions & Council Service Advice

Free

Hangleton Library 10am – 1pm

(45minute sessions. Booking necessary)

Contact: 01273 296904 or

Hangleton.library@brighton-hove.gov.uk



CAMEO (Come and Meet Each Other) Club

£1.50

Bishop Hannington Church

9.45am -12 noon

Contact Laura: 01273 561629



Hangleton and Knoll Carers Coffee Morning

Free to unpaid adult carers

Hangleton Manor 10:30am – 12 noon

First Thursday of each month

Contact Nicola: 01273 746222 or

nicola.lytle@thecarerscentre.org / www.thecarerscentre.org



60+ Gentle Exercise

£4

Oasis

10.30am - 11.15am

Contact Susan Ralph: 01273 249600



Thursday**H&K Older LGBT Meet Up**

Free lunch

Third Thursday of each month 11am – 1pm

Emmaus Contact Clare Hopkins: 01273 410858
www.switchboard.org.uk/older-lgbt-project**Knoll Lunch Club**

£4.50 + 50p for transport

St. Richard's 11.30am - 2.30pm
Contact Pat or Ann: 01273 414483**Hangleton Short Mat Bowls**

£2.50

Hangleton Community Centre

1.45pm - 4pm

Contact Catherine: 01273 933699

**Zumba**

£6 – for all ages

St George's Hall, Court Farm Road
7.45pm – 8.30pm
Contact Kevin: 07951 295822**Bingo**

St. Richard's 7pm - 9pm

Contact Pat or Ann: 01273 414483

**Friday****Coffee Break**

Free - With Short Mat Bowls

Monthly lunch (small charge)

Oasis 10am - 12 noon

Contact David: 01273 411116

**Money Works @ HaKIT**

Free

St Richard's 10am - 1pm

Contact Lulu: 01273 881446

www.advicebrighton-hove.org.uk/moneyworks**Drop-in Sessions**

St Peter's Church 10.30am – 12 noon

Contact Rev Daniel Smith: 01273 732459

**Oasis Arts and Crafts Group**

Oasis 1pm - 3pm £1

Contact Liz: 01273 501261

**Age UK Information and Advice Surgery**1pm - 3pm 3rd Friday in each month

The Martlets, Wayfield Avenue

Contact Age UK: 01273 720603

www.ageuk.org.uk/brightonandhove**Friday****Cascadez Line Dancing**

Beginner / Improver

£4 – free tea/coffee

St Richard's 1pm - 3pm

Contact Carol: 07784 637057

**Short Mat Bowls**

£2.50

Hangleton Community Centre 1.45pm - 4pm

Contact Catherine: 01273 933699

**Hove Stroke Club**

£4.50 or £6 with transport

Bishop Hannington Church

2pm – 4pm

Refreshments, table top games, quizzes and raffle

Contact Daail Godson: 01273 738978 or Freda

01273 326400

**SocialEYES**

£1 subs, £5 towards transport

Group for people with sight loss

St Richard's2.30pm – 4.30pm 3rd Friday of the monthContact Sue: 01323 832252 or sue@eastsussexblind.org**Saturday****Reading Group**

Free. Tea, coffee and biscuits

Last Saturday of the Month

Hangleton Library 11am - 12.30pm**Southdown's Arts Society**

St. Helen's 1.30pm - 4pm

Contact Peter Waller: 01273 553185

**Bingo**

St. Richard's 7pm - 9pm

Contact Pat or Ann: 01273 414483

**50+ Trips:** Nick Goslett on 07899 066683**Men in Sheds:** Gary Walker on 07803 931397**Martlets Day Services at Martlets Hospice:**

Mon-Fri 9am - 5pm; telephone 273400

**Neighbourhood Care Scheme:** 01273 775888**Time to Talk Befriending:** 01273 737710**For information on The Hangleton and Knoll Project contact** clare.hopkins@hkproject.org.uk **or 01273 410858.**