

## **The Hangleton and Knoll Project-Older People's Community Development Work** **End of Year Report 2016-17**

### **Highlights:**

#### **The Hangleton and Knoll 50+ Health and Information Event 2016**

The Community Worker supported the 50+ steering group to deliver another **successful Annual 50+ Health and Information Event** on Monday 3<sup>rd</sup> October 2016 at St Richard's Church and Community Centre. It was a busy event with **170 people in attendance and 40 stallholders**.

The theme was **'you are not alone with 50+'** with a focus on keeping involved, connected and happy in older age. Many of the organisations invited to attend were those the 50+ Group felt actively worked towards alleviating social isolation and loneliness.

The Event was a chance to show case citywide advice and support services as well as local community groups and activities for older people. It was also a fantastic outreach opportunity, to increase attendance from older local residents not already engaged in 50+ activities, who may be vulnerable, socially isolated and lonely. The Community Worker supported the 50+ Group to **promote the event citywide** via email networks, websites and publicity material.



**The Community Worker worked closely with the 50+ Events Co-ordinator** (and Secretary) with the 50+ Committee to **co-ordinate and deliver** this event. This involved supporting with overseeing the checklists of what needed to be done, decisions about service providers, managing communications, and citywide publicity. Without this supported Volunteer resource, the October Event would not have been such a success.

The 50+ Events co-ordinator is very passionate and committed, ***"I have organised quite a few events in my time, and I am more excited about this one than any other!"***

It illustrates just how valuable committed Volunteers are in helping to support community activity and deliver activities to meet local needs and how important good support and supervision provided by a Community Worker is to empower them in their roles.

With the support of the Community Worker, **50+ group members conducted extensive outreach** to the local 50+ groups to invite them to the October Event and tell them about 50+ Activities. This involved visiting: local supported housing schemes, GP surgeries, libraries, Children's centres, Dementia groups, and Wayfield Resource Centre to reach vulnerable older people. Local and citywide networks, email lists, local Community Newsletters and posters in community buildings and noticeboards were used to promote the event.

Community Groups represented at the October Event included:

The Hangleton Get Together Club	50+ Trips
Knoll Lunch Club	CAMEO club

Trefoil Guild	50+ Garden
Hangleton Sing for Better Health group	Crafty Adults
Knoll Pilates Group	Hangleton and Knoll Multicultural Women's Group
Churchill House Sheltered Housing	HaKIT
Hangleton and Knoll Hedgehogs	Hangleton and West Blatchington Food Bank
Old Knollonions	Brighton and Hove Debating Club
Older People's Council	Older LGBT Group

The Community Worker supported the group **to develop an event Feedback form to gather evaluation about the event from attendees.** It was very positive and demonstrated that the event provided a great opportunity for social interaction, connection and information sharing for local people.

**65% rated the event 5 out of 5, 35% rated it 4 out of 5. Therefore, it is fair to say that it was a successful event.**



Ways that attendees found out about the October Event were varied and illustrated how well the 50+ group promoted it and reached out to the local community and citywide. It shows how important the Community Worker's role is in **building local relationships** when promoting 50+ activities to groups and how useful the advertising in the citywide older People's Festival brochure was.

Older People's Festival Guide	30%	Word of mouth	5%
Posters/flyers	15%	Sheltered Housing	10%
50+ groups	35%	Local Libraries	5%

The attendee feedback gathered demonstrated that **the main aim of the October Event, which was tackling loneliness and isolation of older people was achieved:**

**"It gets me out of my sheltered accommodation." "Talking to people."**

**"A lovely warm, friendly community event." "I enjoyed the music and the singing."**

**"I enjoyed meeting the Mayor, the stalls were very good and I found the information I wanted."**

**"I found the Brighton and Hove Bus stand particularly useful as I was able to get an up to date timetable and talk about disability access with someone."**

With the support of the Community Worker, the **50+ group are supported to network and build new links.** They are always on the lookout for new contacts and ideas every year, to

make sure that a diverse and fresh range of service providers and community groups are represented and brought to local residents.

The 50+ Group got some very good feedback from the Service Providers too: **"I really enjoyed this event and had many valuable chats with**

**attendees about their energy bills and staying warm in winter. I hope that BHESCO and HK50+ can work together more to reach and help those in the area struggling with high bills and cold homes."**

**"Really successful and inspiring event bringing together such a diverse range of individuals and organisations supporting the 50+ community."**

The Community Worker **supported the group with writing a report** for the event and to make sure that all feedback and learning gained is incorporated into the planning for the next one. Thus **developing a model of Good Practice** for organising their event moving forward.

#### **50+ Health Agenda and new activities Falls prevention:**

The Community Worker met the **Hangleton Standing Tall group (falls prevention classes)** based at Hangleton Community Centre during **local outreach**. Hangleton Standing Tall is a community-based physio-lead exercise class based on evidence proven to reduce falls, which has been successfully running for six years in Brighton and Hove. There is no other group offering this specialist service in the Hangleton and Knoll area.

The **Worker identified the need for fundraising in order for it to become more accessible and affordable** for participants. The sessions were originally subsidised but due to loss of

funding the participants were paying £6 per week. The Worker **facilitated a discussion** with the 50+ group about the possibility of taking on Standing Tall under their umbrella. They were very positive about the idea of supporting a new 50+ health and wellbeing group in Hangleton especially as Falls Prevention is such a big concern for older people.

The group submitted a successful **HNF funding application** with support, and plan to submit larger funding applications for ongoing sustainability and accessibility to participants.





The group provides a safe, effective and targeted falls prevention and exercise class for older adults (50+), run by a qualified Physiotherapist. The Hangleton Standing Tall classes based on research, are proven to improve strength, fitness, balance, confidence, flexibility and the ability to get up from the floor after a non-injurious fall.

The class includes a social element of tea and coffee and so provides an opportunity to build friendships and reduce social isolation. In addition, the opportunity to hear occasional speakers (on health-related topics) during the tea break raises awareness and broadens horizons. The class helps to build participants' confidence to leave their home and improves their overall quality of life.

**'The Standing Tall Class has benefited me in many ways. It took me a long time to find a class that suited me perfectly. It has helped my general overall wellbeing. Ruth adapts the exercises so that anyone can benefit from them and her technique of teaching gives you confidence to be able to do the exercises. When I first joined, my balance and strength were very poor, but over the weeks, I have maintained benefits in day-to-day activities, for example standing on one leg to put on socks and tights! I have also benefited from it being such a friendly caring class: everyone is concerned about each other and that helped my depression. I look forward so much to every Tuesday morning, even if I moved away from the area I would make sure I could get there!'**  
(Participant)

### **Social isolation: You are never alone with 50+ in Hangleton and Knoll**

The Community Worker continues to work closely with the 50+ Committee to produce the **50+ Activities leaflet**, the priority being to ensure it is always current, relevant and accurate. This continues to be an excellent **outreach and signposting tool**, which the Worker distributes widely on **outreach** to the local community. The leaflet now includes contacts to support getting out and about (community transport and shop mobility) as well as more support and advice services. It also really communicates the heart of what 50+ is all about on its re-vamped front page- **'You're never alone with 50+ in Hangleton and Knoll.'**

The Worker supported the group to think about ways to actively engage a wider range of people to 50+ activities (also as 50+ volunteers). The Worker supported the group to **identify the need** to target the 50-65yrs (recently retired, fit and well) age group, and the Worker encouraged them to include the following on the leaflet, posters, website etc.: **'Feeling lonely or bored? Recently retired? Lots of local groups and activities.'**

This also reflects a priority that came out of a recent West Locality Hub network meeting, the need to engage the recently retired more to counteract their loss of work networks, focus and friendships.



The Community team facilitated local engagement in the **Know My Neighbour (KMN) Christmas card campaign** this year, creating a nice opportunity for people to reach out to neighbours and say hello. A local resident and 50+ volunteer also took 30 cards and distributed to every neighbour in his sheltered housing block.

His feedback: **“I came back and found two Christmas presents and cards on my doormat from neighbours I had never met before, saying how happy they were to have received my card through their door.”**

The Community Worker liaised with the **Befriending Coalition** during the development of their new **Befriending Contact Point leaflet regarding the HKP listing** as a Befriending Coalition partner on it. The Worker will take the leaflets on **outreach** and distribute widely alongside the 50+ activities and other community leaflets. In addition, 50+ trips will continue to link people into the Befriending Coalition and 50+ activities.

The Community Worker and the 50+ group have become increasingly aware that some older people find it hard to take that first step and come along to something new. It is a need that Befriending services and workers are not always able to meet due to capacity and work priorities. The Community Worker is supporting the 50+ group to **pilot offering a very informal buddying service** to those who would like company on their first visits. The Worker has supported the group to identify various 50+volunteers who might be able to help with this as required. It is an informal offer at this stage due to limited volunteer capacity. So on the leaflet the group have now included, **‘If you would like company on your first visit, please let us know’** along with the Community Worker’s contact details.

### Physical activity: 50+ Social Ping (Table –Tennis) Pilot



The Community Worker supported the 50+ Group to think about how to **respond to needs raised by local residents and Hangleton Community Centre for a 50+ social Table-tennis group**. The Worker supported the group to consider **funding options** for the Pilot and practicalities of how to deliver it. The Hangleton

Community Centre, with 50+ and Worker support, successfully **secured a table tennis package** (including a table) through Loop in the Community (a Table Tennis England funded project)

The worker supported the 50+ group to **meet with interested local residents** to find out what their ideas were and discuss next steps. The Worker is working closely with the 50+ group to **co-ordinate and support the Pilot, engage interested local residents and promote it**. The Worker has brought in **support** from outside the area, linking in with Active for Life as it is promoting physical activity for older people and Brighton Table Tennis Club.



## The Hangleton and West Blatchington Food Bank

The Community Worker has continued to support the **Food Bank committee to move towards charitable status**. The committee recommended the **‘Charitable Incorporated Organisation (CIO) Foundation Model’** to the wider membership at the Annual General Meeting, which was agreed unanimously. This model has many benefits including being simple and efficient; will aid fundraising; allow Gift Aiding of donations; and allow the Food Bank to employ a Co-ordinator. The Worker will **support next steps** in order to launch as a charity from April 1<sup>st</sup> and recruit a co-ordinator.

The Committee, the wider membership and Community Worker at the Annual General Meeting.



Thank you for your continued support to the Hangleton and West Blatchington Food Bank. Whether you are a volunteer, local company or organisation providing us with advice and support or you help by giving us donations for much needed food, we would not be able to run without you!

We would like to invite you to our 2nd Annual General Meeting at  
**St George's Catholic Church,  
Court Farm Road, BN3 7QR on  
Thursday 23rd February 2017.**

**There will be a vote on a Special Resolution for the Food Bank to become a registered charity**

Please arrive anytime from 7pm for a 7.30pm start.  
Wine and nibbles provided

For more information phone or email:  
07990 631892  
Hangletonfoodbank@yahoo.com



### **Journey to becoming a Charity...The Community Worker supported the Food Bank Committee to:**

- get advice from Community Works and legal experts and discuss the options.
- draft the Governing Document using the Charity Commission template; meet a Solicitor through the Community Works Skills Exchange programme ; and get ready for the AGM and Charity launch.
- develop Good Practice policies and processes: e.g. health and safety, volunteer handbook and recruitment, Data protection, Safeguarding etc.
- develop links and involve wider community; and to organise annual public consultation events.

The Worker also continues to deliver the Hardship grants to clients at the food bank on regular visits, which prove to be a **great signposting and outreach opportunity** to reach and support vulnerable local people.

Food bank clients have received **42 Hardship grants** over the year. The Community Worker continues to ensure the Food Bank clients have opportunities to link into the wider neighbourhood and help to embed it as a vital local community resource for those in crisis.

**“Thank you so much for giving us this grant. It really means a lot and will really help with the fuel bills. Just to know that people are trying to help. Thank you. I am so grateful.” (Recipient of Hardship Grant)**

## Older LGBT Project update after 3 Years

The Emmaus Café Meet up as part of the city-wide Older LGBT Peoples Project continues to thrive, supported by the **Community Worker and LGBT Switchboard worker**. The Workers and the group have built good rapport with the Emmaus Café staff who are always



very welcoming, supportive and helpful.

**“I find it difficult to socialise due to my Autism. Meeting at Emmaus with other LGBT people works for me as it is a familiar place with familiar faces. I feel comfortable having lunch with everyone and it gives the session structure that I can focus on. This helps me with the sensory overwhelm I sometimes experience in busy places with lots of people”**  
(group member)

The core-group of members have attended since the start of the project. The group self-regulates with new members attending regularly, with an average of 12 attendees every time. There are currently **35 members** dropping in and out of the meet up on a regular basis. This includes 12 people identifying as male, 19 as female and 4 as transgender/cisgender.

This smaller meet up seems to suit some people more than others who prefer the larger meet ups, so it works well as a soft way into the project for those who are unsure, anxious or have certain health conditions.

Quotes below in **bold** below are from the University of Portsmouth report on Day Opportunities for Older LGBT

People in Brighton and Hove (2016) for which Emmaus core-group members were interviewed. The regularity, reliability and accessibility of this and the other meetups are key to their success, something the **Workers support on a monthly basis**:

**“The need is great and people are willing to travel, and fortunately, all of the events are accessible by public transportation. I mean I think that is a major factor that makes it possible for people to get there”** (F, 66)

**“I would miss it because of the regularity of seeing people and sometimes people we do not see all the time. I mean it is keeping in touch with the community”** (F, 67)

The meetup has evolved into a diverse, safe and accessible space where everyone is made to feel welcome. Significant value is placed on the meetup being professionally facilitated and well organised. This contributes to a positive and welcoming atmosphere; with the **Workers helping to manage potentially difficult dynamics or behaviours as well as providing one-to-one support** as required:

**“You know they’re very gentle, Helen and Clare, and the other meet-ups that I’ve been, they’re all very, very genuine and sincere and you know, when they need to be, they can be quite, you know, affirmative with what they want of the group, how they should behave”** (F, 53)



The Workers supported the Emmaus group to have a **Christmas celebration** at the cafe, which included a secret Santa, chocolates and sharing of much warmth and good cheer. A lovely end to the year.



Many of the participants combine attendance at this meetup with other LGBT focused activities in the City as well as non-LGBT specific. This indicates how the variety of such groups and activities sustain the LGBT community as well as individual social networks for what is mostly a non-locality based community. An important aspect of the meet ups for attendees is the opportunity to build social networks and connections.

The Community Worker **actively signposts and encourages meetup members to engage** with non-LGBT specific local groups, volunteering opportunities, activities and events as well as citywide activities with great success.

Group members have attended for example:

**H and K 50+ Health and Information Event** (accessing service providers and support from across the City);

**H and K Community Action** (engaging in local decision making forum addressing local issues);

**H and K Health Forum** (engaging in local health forum addressing local health care needs and concerns);

**H and K Multicultural Womens Group** (yoga and becoming Secretary on the committee);  
**HaKIT** (attending the re-launch and engaging in the drop-ins to develop IT skills and confidence).

Also the Active Forever Event (citywide event promoting physical activities for older people). The Community Worker has also to signposted group members to Voices in Exile and the Befriending Coalition for possible volunteering opportunities and to the Casserole Club as a Diner.

**“Every time we meet somebody new and meet somebody different, so if we was to go to a meeting now we know quite a lot of people, you know, so it’s quite nice” (F, 53)**

**“Clare buys lunch but I never have lunch there. But I mean... [Interviewer: So you are not going for the food?] No, It is just it makes an outing. It makes an outing for me to go to, you know, to meet other people really I suppose ... its good, a social event.” (M, 81)**

The workers help **facilitate informal discussions** with the group about a wide variety of topical issues as well as offering support and advice to each other. Topics have included health; mobility; experiences of the NHS; ideas for holidays; films, TV shows and reminiscence; asylum seekers and refugee crisis; as well as sharing tips about local groups and activities.



The Worker submitted a successful **Healthy Neighbourhood Fund application**, which will go towards subsidising the costs of the monthly healthy shared meals this year. It was agreed that the group would be asked for contributions in 2017, to help move them towards taking some ownership and helping with the sustainability of it moving forward. H and K Community Action hold the funds for the Older LGBT project, which has resulted in raised awareness of the group in the local community and encouraged attendance by group



The workers supported the group to go to **Kew gardens** and meet up with a London-based LGBT group. The organisation of outings with transport is highly valued as a social highlight for group members:

**“It (Kew Gardens) was fabulous ... people kind of formed little groups based on where they wanted to go and what they wanted to see. So it wasn’t all the same friends staying together ... there was more of a mix, for instance, I met some new people yesterday because of what we both wanted to see “(F, 70)**

“I am more reclusive than is good for me. I enjoyed being part of an accepting group and having the freedom to both enjoy the company of others as well as step out and have some independent time with them in the context of a pleasurable activity. It is so important to be able to connect with others.”

“It was a joy to meet people I would never normally encounter and also see friends I have lost touch with for years and to exchange emails”

members to mainstream community activities.

#### **Mini case –studies from core LGBT group members:**

**“I first became aware of The Hangleton and Knoll Project (HKP) because I changed Doctors and I found out about the H and K Health Forum. I came along to a meeting and the Community Worker promoted the new Older LGBT project. Since living in this area, we have become more active and get out and about a lot more. I have attended a cancer health focus group organised by the H and K 50+ Steering group and attended the H and K Community Action meeting about the buses, as it is something I feel very strongly about and the Helping Hands Yellow Card Scheme. Before linking in with HKP and the LGBT project I had no social life at all, no meet ups, no community meetings. It was just my partner and I and our illnesses. I have really enjoyed meeting new people from different backgrounds of different ages at the meet ups and enjoy the varied discussions about life, health and news. My quality of life has improved; I have made new friends and feel more confident in myself.”**

**“I researched older LGBT groups before I moved to Brighton. I did not know anyone in Brighton and Hove, as I was not working and felt very isolated at first. I did not want to go out on the ‘scene’ to pubs and clubs and could not find much that appealed to me. I then found out about the Older LGBT project through LGBT Switchboard website. I joined the Brighton Link email list and found out about the meet ups. I first came along to a meet up in central Hove. I now come along regularly to the Emmaus meet up too. It makes me feel part of something; I have made new friends and have things to do now with my time.”**

**“I first became aware of HKP through attending the H and K Health Forum as I have an interest in my local health care and have various long term health issues myself. There was a flyer about the new project and the Community Worker spoke about it. I have been attending from the start when it first met at St. Richards and have continued to come along as it has expanded and moved to Emmaus cafe. I welcome the opportunity to meet other LGBT people. I did not realise there were so many older LGBT people in the West Hove area. I like to support the HKP project by coming along and appreciate all the work that you do for the local community.”**

The partnership between the Hangleton and Knoll Project and LGBT Switchboard continues to work well, with both workers bringing their expertise and commitment to support the group. They plan to continue work towards the sustainability of the meet up as part of the bigger citywide project and to continue to support individuals to access other groups, activities and support as required.

**The Older LGBT Switchboard 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 citywide 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.”***



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

**PLEASE RETURN THIS FORM AS DIRECTED TO:** [socialcare.contractsunit@brighton-hove.gov.uk](mailto: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 31<sup>st</sup> Oct / Q3&Q4 by 30<sup>th</sup> April**

Organisation	FA No.	Name of Service	Report on activity for:
Hangleton & Knoll Project	1279	Locality Based Activities for Older People (Outcome 2)	<b>Q1 / Q2 / Q3 / Q4</b> <b>2016-17</b> (please highlight to indicate)

**PART A**

f	KPIs	TARGET PA	Q1	Q2	Q3	Q4	TOTAL S
<b>1.</b>	<b>Detail on Beneficiaries</b>	<b>Year 1</b>					
1.1	Number of individual beneficiaries (Including TRIPS + BME) <b>Q3-4 TOTAL(872) 50+ groups and activities + BME</b>  <b>50+ groups /activities new and existing (863)</b> <b>50+ BME ( 9 )</b> <b>50+ NEW total ( 297) inc existing groups/events/ activities (231) and in NEW groups/ activities (81) and Oct 50+ event (10)</b>	470		1003		872	1875
1.2	Number/% of individual beneficiaries from BME communities <b>Q3-4 Garden (2), MCWG (7)</b>	30		2		9	9
1.3	Number/% of individual beneficiaries from LGBT	--		37		40	77

	communities <b>Q3-4 (40) 23 NEW</b>						
1.4	Number/% of volunteers recruited / supported. <b>Q3-4 (83) 13 NEW</b>	50 – 80		68		83	151
1.5	Number of volunteer hours (calculated as an Annual value) <b>Q3-4 (6412 Hours per year) Value: £70,426.00</b>	--		5,956		6,412	12,368.
<b>2.</b>	<b>Outcomes and Activity</b>	<b>TARGET PA</b>	<b>Q1</b>	<b>Q2</b>	<b>Q3</b>	<b>Q4</b>	<b>TOTAL S</b>
2.1	Number/% of individual beneficiaries attending health-related and physical health activities <b>Q 3-4 (523) Groups 117 NEW inc 1 new group</b>	--		467		523	990
2.2	Number/% of individual beneficiaries attending other types of activities <b>Q 3-4 (340) Groups inc Trips 114 NEW inc 3 new groups</b>	--		346		340	686
2.3	Total Number of beneficiaries involved in <u>new</u> groups / classes <b>Q 3-4: (81) 4 X NEW Groups/activities (56) Warmth 4 Wellbeing Grants (4) LGBT group members attending mainstream activities (21)</b>	--		115		81	196
2.4	Average number of members attending 50 plus steering group	--		8		8	8
2.5	Average number of beneficiaries attending trips <b>Q 3-4. 4 x trips (63) NEW (6)</b>			121		63	184
2.6	Average number of beneficiaries attending events. <b>Q 3-4. 3 X public events (218) 10 NEW</b>	--		153		218	371
2.7	Number of groups supported to fundraise <b>Q 3-4.(8) £10,566.00 Total raised for year so far :£14,736</b>	--		6		8	14



2.8	Number of partnerships <b>Q 3-4. (44) 8 NEW Collaborations/partnerships/ 50+ network</b>	--		37		44	81
2.9	Number/% of beneficiaries completing feedback on the services (e.g. <i>Quality of Life Impact evaluations, Case Studies</i> ) <b>Q 3-4. (1) Case Study (1)</b>	--		47		1	48
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%
2.1 1	Number of staff including volunteers attending health promotion or behavioural change training <b>Q 3-4. (2) MECC e-learning and Skills training (1) Food Hygiene (1)</b>			18		2	20

## 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.

Re f	Section	Six monthly Report detail
1.	<b>Detail on Beneficiaries</b>	<p>1.1. The total number of individual beneficiaries for <b>Q 3-4 was 872</b> which includes :  <b>50+ groups /activities new and existing (863)</b>  <b>50+ BME ( 9 )</b>  <b>50+ NEW total (297)</b>  inc existing groups/events/ activities (231) and in NEW groups/ activities (81) and Oct 50+ event (10)</p> <p>1.2. Number of individual beneficiaries from BME communities (2) attending the 50+ Garden and (9) attending the H and K Multicultural Women's Group.</p> <p>1.3 Number of individual beneficiaries from LGBT communities (40) including from the Older LGBT group (35), 50+ Garden (1) and</p>

the Singing Group (4). These beneficiaries are included within the 50+ group's totals as they attend 50+ groups.

#### 1.4.

In total, for Q 3-4, the Community Development Worker (CDW) has recruited and /or supported 83 **Volunteers** in Core groups, including (13) **NEW** Volunteers:

- 50+ Trips (1)
- Food Bank Volunteers (35) 9 NEW
- Food Bank Committee (8) 1 NEW
- 50+ Steering Group (8)
- Knoll Pilates Committee (6)
- Old Knollonians Committee (10) 1 NEW
- Get Together Club Committee (6) 1 NEW
- Knoll lunch club (6) 1 NEW
- Forget Me Nots (3)

This is an increase of 13 NEW volunteers in core groups, which illustrates how they are thriving. The Lunch Club have welcomed another new volunteer who comes to socialise with the older people at lunchtime. The Food Bank has had some turnover of volunteers but has recruited 9 new volunteers, which is good as demand continues to increase.

#### 1.5.

In total, for Q3-4, 6412 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 = **£70,426.00** per year. This is an increase in the Annual Volunteer value that was calculated for Q 1-2 this year.

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. This is due to the well-established local volunteer resource which has been engaged and supported by the Hangleton and Knoll Project community team for many years.

Annual count of Volunteer hours totals for Core groups:

50+ Steering Group Committee (1412)

Knoll Pilates Committee (180)

Hangleton and West Blatchington Food Bank Committee (160)

Food Bank Volunteers (1664)

Hangleton Get Together Club Committee (1008)

Old Knollonians Committee (308)

Knoll Lunch Club (1164)

Forget Me Nots (516)

Breakdown of Annual Volunteer hours for groups:		
		<b>Annual total of volunteer hours for groups and Value £</b>
<b>50+Steering Group-</b> currently 8 members.  Trips Volunteer (not on committee) (1)  Marketing and Events Volunteer (supporting Committee)	<b>Chair:</b> (meetings, networking, volunteer recruitment, project development emails)  <b>Total= 48Hrs.</b>  <b>Secretary:</b> (48 Hrs.- meetings, admin, group PR , approx. 200 hours per year for co-ordination 50+ event and tea dance, average 10 hours a week over 5 months, local publicity, emails)  <b>Total= 248 hours</b>  <b>Treasurer:</b> (meetings, admin, finances, invoices, funding applications, emails) <b>Total= 48 Hrs.</b>  <b>Trips Co-coordinator:</b> (Ave 20 hours per trip, 10 trips per year, organising and attending monthly trips, trip bookings, funding, emails and admin) <b>Total = 200Hrs</b>  <b>Fundraising:</b> average 10 applications per year. <b>Total= 40 hours per year.</b>  <b>Trip Volunteer:</b> (attending 10 trips a	<b>Approx.14 12 hours @ £11. 50 per hour = £16,238.00</b>

			<p>year, helping with passenger transport, average 6 hours per trip) Total= <b>60 hours per year.</b></p> <p><b>Events and Marketing Volunteer: 20 hours per year.</b></p> <p><b>Garden group X 2 committee members</b> (meetings, working on the weekly garden group sessions 40 weeks = 80 hours per person, plus meeting Community gardener, attending work days, visiting other Projects, sourcing materials 20 hours) Total= <b>180 hours per year</b></p> <p><b>Men in Sheds Group X 3 committee members</b> (-12 hours per month, visiting other groups, investigating venues, practical projects ad hoc). Total= <b>144 hours per year</b></p> <p><b>Committee members X 4</b> (24 Hrs.- meetings) <b>Total= 96 hours.</b></p> <p><b>Outreach</b> and leading up to events and running the Tea Dance and Oct <b>events: 20 hours per event per person plus preparation = approx. 280 hours</b></p> <p>Attending community and networking events to promote 50+ (3 committee members X 4 hours X 4 events)</p> <p><b>Total = 48 hours per</b></p>	
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		year	
	Knoll Pilates group committee - 6 members	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).	180 hours @ £11.50 per hour = <b>£2070.00</b>
	<p>Hangleton and West Blatchington Food Bank ( 8 committee members and 27 food bank volunteers)</p> <p><b>NEW COMMITTEE MEMBER (1)</b></p> <p><b>NEW VOLUNTEERS (9)</b></p>	<p>Bi-Monthly Committee meetings- 2.5 hours X 8 committee members = 20 hours a year X 8 = <b>160 hours per year</b> (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, =<b>1664 hours per year</b> ( 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, clearing up at the end)</p>	1824 hours per year @ £11.50 per hour = <b>£20,976.00</b>
	Hangleton Get	6 committee meetings	1008 hours @

		<p>Together Club (6 committee members)</p> <p><b>NEW COMMITTEE MEMBER (1)</b></p>	<p>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><b>168 hours per year per committee member X 6 = 1008 hrs per year</b></p>	<p>£11.50 per hour= <b>£11592.00</b></p>
		<p>The Old Knollonions (10 committee members)</p> <p><b>NEW COMMITTEE MEMBER (1)</b></p>	<p>This includes 5 committee meetings per year (Including minutes, finances, emails, meetings, fundraising) 10 hours X 11 committee members= <b>110 hours per year</b></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 = <b>198 hours per year.</b></p>	<p>308 hours @ £11.50 per hour = <b>£3542.00</b></p>
		<p>The Knoll Lunch Club (5 volunteers)</p> <p><b>NEW Volunteer to help at lunchtimes.(1)</b></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 4 hours per month.</p> <p>Admin and emails X 4</p>	<p>73 hours per month</p> <p>876 hours per year @ £11.50 per hour = <b>£10074.00</b></p>

			<p>hours per month</p> <p>Dealing with referrals X 4 hours per month</p> <p>Running the weekly lunch club- 2 hours per week X 4 people= 8 hours per week, 32 hours per month</p> <p>Hall set up/clear up- 2 hours per week X 2 people = 4 hours per week, 16 hours per month</p> <p>Washing up X 2 hours per week., 8 hours per month</p> <p>Transport X 1 hour per week. 4 hours per month</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><b>£5934.00</b></p>
		<b>TOTAL VALUE OF Annual Volunteer hours counted:</b>		<b>£70,426.00</b> per year. For 6412 Volunteer hours based on a value

			of £11.50 per hour.
2.	<b>Outcomes and Activity</b>	<p>2.1</p> <p>The total numbers of individual beneficiaries attending health-related and physical health 50+ groups for Q 3-4 is <b>523</b>, with <b>117 NEW</b> beneficiaries counted including <b>1 NEW group</b>. This includes:</p> <ol style="list-style-type: none"> <li>1. 50+ Singing Group (22) 5 NEW</li> <li>2. Tai-Chi (14) 2 NEW</li> <li>3. 60+ Gentle Exercise (40)</li> <li>4. Hangleton Short Mat Bowls (30) 4 NEW</li> <li>5. CAMEO Club (50) 5 NEW</li> <li>6. Knoll Lunch Club (17 ) 2 NEW inc 1 NEW V</li> <li>7. Standing Tall ( 26) NEW GROUP</li> <li>8. Knoll Pilates (45) 16 NEW</li> <li>9. Cascadez Line Dancing (30)</li> <li>10. Hove Stroke Club (16) 4 NEW</li> <li>11. Food Bank (35) 10 NEW VOL inc1 NEW COMMITTEE</li> <li>12. SEATED Gentle exercise (20)</li> <li>13. H and K Health Forum (170) 42 NEW</li> <li>14. Gardening Group (8) 1 NEW</li> </ol> <p>Included in this is 1 NEW GROUP (Standing Tall) that have come into the 50+ Network, received visits from the Community Worker, support with promotion via the 50+ leaflet, and are now under the 50+ umbrella for fundraising.</p> <p>All of these groups/ activities listed on the updated 50+ Activities Leaflet. (see Page 31 )</p> <p>2.2</p> <p>The total number of individual beneficiaries attending other types of activities (50+ Groups and Trips) in Q3-4 is <b>340</b>, with <b>114 NEW</b> beneficiaries counted including <b>3 NEW groups</b>. This included:</p> <ol style="list-style-type: none"> <li>15. 50+ Trips Q3-4= (63) 35 NEW</li> <li>16. 50+ Steering Group (8)</li> <li>17. Forget Me Nots (8)</li> <li>18. Hangleton Get Together Club (25) 4 NEW inc 1 NEW COMM MEMBER</li> <li>19. Crafty Adults (14) 4 NEW</li> <li>20. The Old Knollonions Group (26) 2 NEW inc 1 NEW COMM MEMBER</li> <li>21. Hounsum Fellowship (25) 5 NEW</li> <li>22. Men in Sheds (6) 3 NEW</li> <li>23. OLGBT (35) 23 NEW</li> <li>24. Film Club (30)</li> <li>25. St. Peter's Drop-in (10)</li> <li>26. Bingo (20)</li> </ol>	



- 27. Coffee Break (30) 6 NEW
- 28. Art Club (10) 2 NEW
- 29. KNITTING GROUP (6 ) NEW GROUP
- 30. Trefoil Guild (12) NEW GROUP
- 31. HANGLETON Senior Brass Band (12 ) NEW GROUP

Included in this are **3 NEW GROUPS** (Knitting group, Senior Brass Band and Trefoil Guild) that have come into the 50+ Network, received visits from the Community Worker and received support with promotion via the 50+ leaflet.

All of these groups/ activities listed on the updated 50+ Activities Leaflet. (see Page31 )

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

The total number of **NEW** beneficiaries involved in existing groups / classes in Q3-4 was (190) with 13 **NEW** volunteers recruited (detailed in 1.4).

This included:

- 32. 50+ Singing Group (22) 5 NEW
- 33. Tai-Chi (14) 2 NEW
- 34. Hangleton Short Mat Bowls (30) 4 NEW
- 35. CAMEO Club (50) 5 NEW
- 36. Knoll Lunch Club (17 ) 2 NEW inc 1 NEW V
- 37. Knoll Pilates (45) 16 NEW
- 38. Hove Stroke Club (16) 4 NEW
- 39. Food Bank (35) 10 NEW VOL inc 1 NEW COMMITTEE
- 40. SEATED Gentle exercise (20)
- 41. H and K Health Forum (170) 42 NEW
- 42. Gardening Group (8) 1 NEW
- 43. 50+ Trips Q 3-4= (63) 35 NEW
- 44. Hangleton Get Together Club (25) 4 NEW inc 1 NEW COMM MEMBER
- 45. Crafty Adults (14) 4 NEW
- 46. The Old Knollonions Group (26) 2 NEW inc 1 NEW COMM MEMBER
- 47. Hounsum Fellowship (25) 5 NEW
- 48. Men in Sheds (6) 3 NEW
- 49. OLGBT (35) 23 NEW
- 50. Coffee Break (30) 6 NEW
- 51. Art Club (10) 2 NEW

The **Hangleton and Knoll Health Forum** increased by **42 NEW** members in Q 3-4 with current membership at 170 on the email list. This increase has been a result of ongoing local promotion by the Community Team, word of mouth via local residents and patients. Half of the new members actually attended the January Health Forum, which indicates a good level of interest and

engagement in local health care.

**50+ Trips** is always a successful way of engaging new local residents as many attendees are not involved in local 50+ groups and activities. The 50+ Activities leaflet is given out and people are encouraged to try out new things. 50+ trips are in demand so a rotation system is in place to ensure that everyone attends regularly. There were **35 NEW** trip attendees for Q3-4.

The **Older LGBT Project** has continued to thrive in partnership with LGBT Switchboard. The Emmaus Meetup has a core group of regular members and has attracted **23 NEW** older LGBT folk in Q3-4, including those who have not engaged in any older LGBT activities before. The group has had 2 local Trans individuals attend and 2 people identifying as Gender neutral, which illustrates how accessible and welcoming this meet up is, as older Trans people are a particularly vulnerable group who experience many barriers and issues in accessing support and services.

**The Knoll Pilates group** had **16 NEW** members and is due to start a NEW FOURTH class in April. The CDW helped the committee to fundraise and promote for this expansion.

## 2.3

The total number of **NEW** beneficiaries involved in **NEW** groups / activities in Q3-4 was **81**

**Including (56) in 4 X new groups and recipients, (4) of the Warmth 4 Wellbeing Grants and LGBT meet up members (21) attending new mainstream activities for the first time.**

1. Standing Tall ( 26) **NEW GROUP**(50+ network, outreach, fundraising, promotion, signposting, promotion)
2. KNITTNG GROUP (6 ) **NEW GROUP** (50+ network, outreach, fundraising, promotion, signposting, promotion)
3. Trefoil Guild (12) **NEW GROUP** (50+ network, outreach, fundraising, promotion, signposting, promotion)
4. HANGLETON Senior Brass Band ( 12) **NEW GROUP** (50+ network, outreach, fundraising, promotion, signposting, promotion)

In Q3-4 the CDW has continued to attend the Hangleton and West Blatchington Food Bank and delivered **4 X Warmth for Wellbeing Hardship Grants** to those eligible to help them pay their fuel bills. So far, **42 Hardship Grants** have been given out to local people via the Food Bank over the year.

All beneficiaries are also given leaflets about local groups and activities and invited to join the HKP database. They are also

	<p>signposted to other support and advice agencies such as MoneyAdvice+ and BHESCO.</p> <p>The Community Worker signposted and encouraged attendance of LGBT (21) meet up members to attend <b>non-LGBT local community events and activities</b>: 50+ October event (4), H and K Community Action (3). H and K health Forum (3), H and K Multi cultural women's groups (3), HaKIT (4) and Active Forever citywide event (4).</p> <p>The CDW provides consistent and ongoing support to the 50+ groups throughout the year (31), with 4 additional groups for Q3-4.</p> <p>2.4</p> <p>On average for Q3-4, there have been <b>8</b> members attending the 50+ steering group.</p> <p>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 this year with the support of the worker. The group have welcomed back an ex-committee member who has taken on a Marketing and Events role supporting them with publicity materials. This has given the group a boost as he provides much appreciated skills and resource.</p> <p>2.5</p> <p>The total number of beneficiaries attending 50+ trips for Q 3-4 is <b>63</b>, with <b>6 NEW</b> attendees on 4 trips. Trips organised included:</p> <p>Oct- Newhaven Lifeboats (16) 1 NEW  Nov- Spinnaker Tower (15) 4 NEW  Jan- Shoreham Lifeboat (16) 1 NEW  March- Fishbourne Roman Museum (16)</p> <p>Local 50+ groups represented on the 50+ trips include: CAMEO, Get Together Club, Old Knollonions, Line Dancing, Singing group, HaKIT, Gentle Exercise, Lunch Club, Tai Chi, Garden group, Short Mat Bowls, Crafty Adults, Men in Sheds and also residents from sheltered housing (Muriel House , Aldington Place and Churchill House).</p> <p><b>The 50+ Trips also act as an outreach opportunity to engage with NEW people, many of whom are not involved in any other groups.</b></p> <p><b>On average over the year, 52% of the trip attendees are not</b></p>
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**involved in any other local 50+ activities.**

Quotes from trips attendees:

“It was really nice to take some time out for myself. I felt rejuvenated afterwards.”

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

“Really enjoyed the trip and company. Excellent help given. “

“Best day out I have had in a long time.”

**2.6**

The Total number of beneficiaries attending events for Q 3-4 was **218 with 14 NEW people linked into 50+ activities at 3 events.** This included:

1. OCT 50+ Event (170) 10 NEW  
Local community members, groups, service providers and people from across the City attended.
2. OCT 50+ Garden BBQ (16)  
Garden group members, Wayfields Resource Centre manager, The Mayor and Lunch club reps attended.
3. JAN HK Health Forum (32) 4 NEW  
Local community members, Health Reps, and service providers attended.

The new attendees at the October event were mainly local residents and groups.

New attendees at the Health Forums and members of the Health Forum email list, were mainly local residents and patients, with some new service providers and community organisations.

**2.7**

The number of beneficiaries (Groups) supported to fundraise by the CDW in Q 3-4 was **5, 6 applications were submitted** to the sum of: **£10,566.00**

These are as follows:

1. Food Bank X2 ( SCF £4800, BHCC £2210)

2. 50+ X3 : Standing Tall ( SCF £2306), 50+ Garden (Good Food Grant £250), 50+ (Derek and Eileen Dodgson Trust £1000)

3. HCC/50+ ( Social Ping Table Tennis England)



For Q3-4, there are **4** successful applications so far that the Community Development Worker supported have raised the sum of **£8510**

50+ (Derek and Eileen Dodgson Trust £1500)  
Food Bank X 2 ( SCF £4800, BHCC £2210)  
HCC/50+ Social Ping (Table Tennis England)

**With Community Worker support, local groups have raised £14,736 this year.**

## 2.8

The number of **50+ partnerships and ongoing collaborations facilitated by the Worker** for Q3-4 was **44 with 8 NEW**. These are not all formal partnerships but add value and support to the impact groups have and illustrate the breadth of our work with older people in various ways (see details below) These are as follows:

1. Oasis/Holland Road Baptist Church (50+ network and 50+ groups)
2. Neighbourhood Care Scheme Impetus (befriending, Know My Neighbour, 50+ network, signposting, informal referrals, 50+ event)
3. Hounsum Memorial (50+ network and groups)
4. **B and H Food Partnership** (Food Bank/Garden/Casserole Club/ **Dementia Project**, 50+ event)
5. Alzheimer's Society (signposting to Hove D-Cafe, outreach, promotion, 50+ event )
6. **LGBT Switchboard** (OLGBT/Locality, 50+ network, 50+ event )
7. Wayfield Resource Centre (Garden, outreach, 50+ network, Dementia Day Centre)
8. **TDC** (50+ outreach, /OLGBT/Locality) Health Checks (signposting, informal referrals) **NEW Dementia project**
9. **Dementia Action Alliance (NEW Dementia funding, network and project)**
10. Impact Initiatives and The Hop50+ (OLGBT/Locality/50+ transport/Befriending/ signposting/ Dementia Friendly Friday/50+ event )
11. St George's Church (Food Bank, 50+ Network and groups)
12. St Peter's Church (Food Bank, 50+ network and groups)
13. **BHESCO** – (Fuel poverty advice/Group visits /Food Bank/50+ event)
14. **MoneyAdvicePlus/MACS** – (Financial inclusion, group visits, drop-in, Food Bank. 50+ event)
15. MIND- (Food Bank, workshops, 50+ event , promotion)
16. Carers Centre (group visits, 50+ event ,50+ network, promotion)
17. St Helen's/St Richard's Churches (50+ network and groups)
18. Hangleton/Portslade Library/B and H Libraries (50+ outreach, 50+ event, 50+ network, groups)
19. Bishop Hannington Church (50+ network and groups)
20. **Churchill House** (50+ network, outreach, signposting to

- groups)
21. **Ingram Crescent Outreach** (Saunders House and Muriel House - 50+ network, promotion, signposting, outreach, transport to 50+ event)
  22. **Hazleholt Sheltered Housing**, Mileoak (50+ network, outreach, signposting to groups)
  23. CCG (50+ engagement, Health Forum/Health consultation/GP Surgery outreach, 50+ event)
  24. City Wide Connect West Locality Hub- (reduce social isolation of older people; keep active, well and happy.)
  25. Martletts (50+ network, promotion, 50+ event)
  26. **Active 4 Life** (50+ network, 50+ activities, promotion, 50+ event, **Social Ping Pilot** )
  27. Open Strings (50+, signposting to Dementia Project at Hop50+, promotion, 50+ event)
  28. East Sussex Fire and Rescue Service Health and Well-being Project (informal referrals, promotion, fire safety checks for older people, 50+ event )
  29. Sussex NHS Partnership Osteoporosis and Falls Prevention Service (50+ network, signposting to groups; 50+ event )
  30. Sussex NHS Partnership Community team at Millview Hospital (50+ network, signposting to groups)
  31. Sussex NHS Partnership Older Adult mental health team (50+ network, signposting to groups)
  32. East Sussex Association for Blind and Partially Sighted (50+ network, signposting to groups; 50+ event)
  33. Action on Hearing Loss (RNID) and Contact the Elderly (50+ network, signposting to groups, promotion; 50+ event)
  34. ASC West Team (signposting to groups, 50+ network)
  35. Possability People/MSK partnership (signposting to groups, 50+ network; 50+ event)
  36. Brighton University Medical School (50+ research and interviewing)
  37. **Brighton University Health Sciences** ( research into intelligent sustainable transport solutions, 50+ research )  
**NEW**
  38. BHCC Falls Prevention Steering Group ( link to Action Plan, implement at local level, raise awareness; 50+ event)
  39. **BHCC MECC Pilot** (training, implementation, health promotion)**NEW**
  40. **Hangleton Community Centre (NEW SocialPing Pilot**, support 50+ groups, fundraising,50+ network)
  41. St Richards Community Centre ( 50+ network, signposting to groups, promotion, event and 50+group support)
  42. **50+ Health Trainers** ( 50+ network, signposting, informal referrals)**NEW**
  43. **Brighton Table Tennis Club (Social Ping Pilot, volunteers) NEW**
  44. **Aldrington Place and Lorriners Court** new Activity Worker link ( 50+ network, outreach, signposting to groups)  
**NEW**

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

	<p>The CDW is currently developing a <b>NEW collaboration/ informal partnership with TDC to deliver the newly funded Dementia Action Alliance (DAA)</b> project for the coming year. The Worker will also be linking in with the <b>Brighton and Hove Food Partnership</b> as part of this project to deliver activity tasters.</p> <p>The CDW has supported the 50+ group to develop a <b>NEW informal partnership with Hangleton Community Centre</b> in order to deliver a 50+ Social Ping Pilot. They put in a successful funding application together for a table tennis table. The Pilot will start at the end of April. The CDW has also supported the 50+ Group to link in with <b>Active For Life</b> and <b>Brighton Table Tennis Club</b> to support the pilot with ideas, shared good practice and possible volunteer recruitment.</p> <p>The CDW is involved in a <b>new collaboration with the Making Every Second Count (MECC) Project</b> at BHCC and has attended training in order to deliver MECC in 2017-18.</p> <p>The CDW will be supporting local links with the <b>NEW Older People's Health Trainer</b> via 50+ group visits and outreach, alongside MECC.</p> <p>The CDW supported the <b>University of Brighton Health Sciences</b> research team to undertake local research at the 50+ event and provided them with local information and insight into local transport issues for older people.</p> <p>The CDW has made a link with <b>the NEW Activity worker for Lorriners Court and Aldrington Place</b> sheltered housing and will be working with them to increase engagement of residents in community activities and events.</p> <p>The CDW also actively maintains an <b>informal 50+ network</b> of local 50+group leaders, church contacts, sheltered housing scheme managers and service providers with clients in the area via email. The CDW uses this to share relevant information for those supporting older people locally and supports collaborative working and ideas sharing.</p> <p>The CDW works collaboratively with Service providers, local groups and organisations as required meeting 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>The Case Study participant reported positive wellbeing and quality of life outcomes as a result of attending activities that</p>
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		<p>HKP support (Food Bank)  <b>Case study</b> with 50+ Food Bank beneficiary <b>(1)</b>: Page 29.</p> <p>2.11</p> <p>The number of staff/volunteers attending health promotion or behaviour change training for Q 3-4. Totals at <b>2</b>. These include:</p> <p><b>Making every contact count e-learning and Skills Training day</b> (1) CDW attended in order to deliver MECC in 2017-18</p> <p><b>Food Hygiene (1)</b> Garden group member who cooks at the group social events and for local sheltered housing as a volunteer.</p>
3.	<b>Additional Information</b>	
4.	<b>Meeting the Objectives</b>	
5.	<b>Any other information</b>	

Question		Answer
1.	Where did the referral come from?	Paula found out about the Hangleton and West Blatchington Food Bank through her link with the local churches- St Georges and St Peters. She is 65 and lives in Hangleton. She was keen to find out more and to become a volunteer. She attended the inaugural General meeting when the Food Bank set itself up officially .
2.	What were the identified needs?	Paula used to do counselling for the church and taught Spanish before she retired. When her son died, she stopped everything and withdrew. She became very low and isolated. After 8 years grieving, she felt it was time to give something back.
3.	What was the time span between referral and service delivery?	Paula has volunteered from when the Food Bank first opened in December 2014. She attended the initial volunteer training sessions and has volunteered regularly at the Food Bank ever since.
4.	What actions were taken?	Paula works as part of the 'front of house' team. This role involves greeting the clients, offering them food and drink. She then sits down with them and builds rapport and finds out a bit more about them. She talks through the shopping list of available food and household items, discusses likes and dislikes and needs. The list goes to the 'back of house' team to fulfil. This is the time for Paula to talk through the client's Action plan with them, discuss next steps, and find solutions and signpost to advice / support agencies such as: Money Works, BHESCO, MIND and Hangleton and Knoll Project.
5.	What difference did the service make for the participant?	Paula felt moved to reach out to help people in her local community. A big motivator is her catholic background and the importance of compassion that she feels needs to be offered to everyone in need. She has learned that

		<p>you must never take anything for granted that you have and that people come to the Food Bank for very different reasons. It could happen to anyone.</p> <p>Being involved in the Food Bank has had a huge impact on her and her family life. They have learned to be more mindful about how they shop, how they prepare food, how they cook, what they eat.</p> <p>It has changed their whole perspective and way of life. They have become a lot more tolerant and sympathetic towards those less fortunate than themselves such as homeless people. She encourages and educates her circle of friends to be less judgemental, to challenge attitudes and assumptions via social media.</p>
6.	Why was the participant particularly satisfied with the service?	<p>It feels like a great opportunity to bring the richness of skills gained in Paula's working life, especially in the area of mental health, to benefit others at the Food Bank.</p> <p>Paula is able to bring her own approach to life to benefit others- 'There is always light at the end of the tunnel', and gets a lot of satisfaction out of supporting others to find solutions to help themselves.</p> <p>People come in very hungry and in real need. Paula finds it very gratifying that in a small way she is helping people in the community to have a less difficult time and make a big difference to their lives.</p>
7.	<p>In what way did this service:</p> <ul style="list-style-type: none"> <li>▪ Improve health and well-being</li> <li>▪ Improve independence</li> <li>▪ Reduce isolation?</li> </ul>	<p>Being a volunteer at the Food Bank has enabled Paula to develop new skills and confidence. She has done basic food hygiene training as she handles food. It also compliments Paula's core skills she developed as a counsellor, which she enjoys. She is able to help clients by giving them: empathy, unconditional positive regard, a listening ear, respect and lack of judgement.</p> <p>Paula has made a regular commitment to the Food Bank and volunteers every other week. She feels it is a privilege to be able to help others; it keeps her busy, gives her purpose and is a good use of her time. She feels good being part of something bigger than herself and make an impact. She is happier.</p> <p>Volunteering at the Food Bank has helped her get back</p>



		out into the world and feel less isolated.  Paula has developed new friendships and connections since starting to volunteer and enjoys the regular interaction with people.
8.	What positive feedback have you received from the participant?	Paula really enjoys the experience of volunteering and being part of a team of lovely people.




## January 2017

### You're never alone with 50+



### in Hangleton & Knoll

Feeling lonely or bored? Recently retired?  
Lots of local groups and activities  
(If you would like company for your first visit, please let us know.)  
[www.hk50plus.org.uk](http://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

[www.hk50plus.org.uk](http://www.hk50plus.org.uk) to download this leaflet  
[www.hkproject.org.uk](http://www.hkproject.org.uk) to find out more about the Hangleton and Knoll Project  
[www.possabilitytypeople.org.uk](http://www.possabilitytypeople.org.uk) to find out

#### 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 (healthy lifestyle)**  
£2 concessions / £3 (for adults of all ages)  
**Hangleton Community Centre** 9.30am-10.30am  
Contact Dan Brooker: 01273 292724

**Knoll Pilates Group**  
**St Richard's** 10.45am - 11.45am  
6 lessons for £20  
Contact Jacquie: [Jacquie@baker84.co.uk](mailto:Jacquie@baker84.co.uk) or 07825 201950

**Old Knollonians (formerly Knollites Group)**  
**St Richard's** 2pm - 4pm £3.50  
Refreshments and guest speaker  
Contact: Mike: 01273 777733 or [mrhookham@yahoo.co.uk](mailto:mrhookham@yahoo.co.uk)

**Film Club**  
**Bishop Hannington Church**  
2pm first Monday in the month  
Tea, coffee and cakes Donation of £1.50  
Contact Jacquie: 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](mailto:68debz@gmail.com)

**Slimming World**  
**Oasis** 7pm - 8.15pm £4.95 (£4.65 for over 65s)  
Contact Tania: 07932 357436

#### Tuesday

**Standing Tall**  
Safe, effective exercise & falls prevention classes for 50+, run by a physio, with tea & coffee after. £6/class.  
**Hangleton Community Centre**, 10am-11.30am or 11am - 1230pm. Contact Ruth: 07399 993426 or [rmcenerycarter@gmail.com](mailto:rmcenerycarter@gmail.com)

**Benfield Wildlife & Conservation Group**  
Scrub clearing 10.30am October to March  
Contact: [benfield123@hotmail.co.uk](mailto:benfield123@hotmail.co.uk) or Dolly on 07887 922002











## What's On in the city

**Tuesday****Tai-Chi**

**St. Richard's** 12 noon - 1pm £5  
Contact Pat or Ann: 01273 414483

**Sing for Better Health**

**St Richard's** 1pm - 2.30pm £3.50  
Contact Udit: 01273 556755

**60+ Gentle Exercise**

**Oasis** 2pm - 2.45pm £4  
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  
[wrggrave@virginmedia.com](mailto:wrggrave@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 2.30pm  
Get together, talks, craft, outings  
Contact: Hazel 01273 732137 or Janet 01273 504513

**Wednesday****Computer Drop-in HaKIT**

**St. Richard's** - Free  
10am - 12 noon, 1 - 3pm, 3 - 5pm  
Contact Lulu: 01273 881446

**Hangleton & Knoll Community Garden**

**Wayfield Resource Centre** 10am - 12 noon  
Contact Clare Hopkins: 01273 410858

**Hangleton Get Together Club**

**Oasis** 10am - 12 noon £1.50  
Contact Ray: 01273 884149 or Doreen: 01273 737562

**Crafty Adults**

Free - Alternate Wednesdays  
**Churchill House** 10am - 12 noon  
Contact Mary: 01273 413103 [mariafour@talktalk.net](mailto:mariafour@talktalk.net)

**Knoll Pilates for Beginners**

**St Richard's** 11.40am - 12.45pm 6 for £20  
Contact Jacquie: 07825 210950

**Wednesday****60+ SEATED Gentle Exercises**

**Oasis** 10.30am - 11.15am £4  
Contact Susan Ralph: 01273 249600

**Food Bank**

12:30 pm - 2:30 pm  
**St George's Church Hall**, Court Farm Road  
Contact: 07990 631892 or  
[hangletonfoodbank@yahoo.com](mailto:hangletonfoodbank@yahoo.com)  
[www.hangletonfoodbank.org](http://www.hangletonfoodbank.org)

**H & K Health Forum**

Quarterly on Wednesdays 10am - 12 noon  
**St Richard's**  
Contact Clare Hopkins: 01273 410858

**H & K Community Action**

Quarterly on Wednesdays 10.30am - 12 noon  
**St Richard's**  
Contact Pat or Ann: 01273 414483

**Thursday****Knitting**

**Hangleton Library** Free 10am - 12 noon  
Free Contact: 01273 296904 or  
[Hangleton.library@brighton-hove.gov.uk](mailto:Hangleton.library@brighton-hove.gov.uk)

**Get Online with Libraries**

**Hangleton Library** 10am - 1pm Free  
(45minute sessions. Booking necessary)  
Contact: 01273 296904 or  
[Hangleton.library@brighton-hove.gov.uk](mailto:Hangleton.library@brighton-hove.gov.uk)

**CAMEO (Come and Meet Each Other) Club**

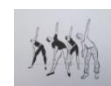
**Bishop Hannington Church**  
9.45am - 12 noon £1.50  
Contact Laura: 07909 918796

**Hangleton and Knoll Carers Coffee Morning**

Free to unpaid adult carers  
**Hangleton Manor** 10:30am - 12 noon  
First Thursday of each month  
(Note that there is also a Stroke Carers Group.)  
Contact Nicola: 01273 746222 or  
[nicola.lytle@thecarerscentre.org](mailto:nicola.lytle@thecarerscentre.org)  
[www.thecarerscentre.org](http://www.thecarerscentre.org)

**60+ Gentle Exercise**

**Oasis** 10.30am - 11.15am £4  
Contact Susan Ralph: 01273 249600

**H&K Older LGBT Meet Up**

Third Thursday of each month 11am - 1pm  
Social lunch at **Emmaus Cafe, Portslade**



[Jacquie@baker84.co.uk](mailto:Jacquie@baker84.co.uk)

(£ contribution to costs welcomed)  
Contact Clare Hopkins: 01273 410858

[www.switchboard.org.uk/older-lgbt-project](http://www.switchboard.org.uk/older-lgbt-project)

### Thursday

#### 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 Hangleton Community Centre

1.45pm - 4pm £2.50

Contact Catherine: 01273 933699

#### Zumba

**St George's Hall**, Court Farm Road  
7.45pm – 8.30pm £6 – for all ages

Contact Kevin: 07951 295822

#### Bingo

**St. Richard's** 7pm - 9pm

Contact Pat or Ann: 01273 414483

#### Craft Group

#### Hangleton Community Centre

£5 includes refreshments

2<sup>nd</sup> Thursday of the month 7pm-9pm

Contact: 01273 292962

### Friday

#### Coffee Break

Free - With Short Mat Bowls

Monthly lunch £3

**Oasis** 10am - 12 noon

Contact Anne: 01273 430818

#### Money Works @ HaKIT

**St. Richard's** 10am - 1pm Free

Contact Lulu: 01273 881446

[www.advicebrighton-](http://www.advicebrighton-hove.org.uk/moneyworks)

[hove.org.uk/moneyworks](http://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

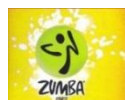
#### Age UK Information and Advice Surgery

1pm - 3pm 3<sup>rd</sup> Friday in each month

The Martlets, Wayfield Avenue

Contact Age UK: 01273 720603

[www.ageuk.org.uk/brightonandhove](http://www.ageuk.org.uk/brightonandhove)



### Friday

#### Hangleton Short Mat Bowls

#### Hangleton Community Centre

1.45pm - 4pm £2.50

Contact Catherine: 01273 933699

#### Hove Stroke Club

#### Bishop Hannington Church

2pm – 4pm £4.50 or £6 with transport

Refreshments, tabletop games, quizzes and raffle

Contact: Anne Dasw anii 01273 731636 or

Daail Godson 07763206091

#### Hangleton Senior Brass Band

Free 7.45pm-9.45pm

Hangleton Junior School Hall

Need be able to play a brass instrument

Contact: manager@hangletonband.co.uk

### Saturday

#### Reading Group (Adult fiction)

#### Hangleton Library 11am - 12.30pm

Free. Tea, coffee and biscuits

Last Saturday of the Month

#### Brighton & Hove Branch of Parkinson's UK

#### Bishop Hannington Church

Third Saturday of the month 12.15 pm – 4.30pm

Support to those with Parkinson's, families and carers

Contact Carole: [carole349@btinternet.com](mailto:carole349@btinternet.com) or 0344 225 3609

#### Southdown's Arts Society

#### Hangleton Community Centre 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:** Keith Mason on 07952 819005

**Community Transport Trips and Shopping:**  
01273 677559

**Low Cost Shopmobility Service:** 01273 323239

**Martlets Day Services at Martlets Hospice:**  
Mon-Fri 9am - 5pm 01273 273400

**Befriending Contact Point:** 01273 229005 or  
[contact@bhbefriending.org](mailto:contact@bhbefriending.org)



**Cascadez Line Dancing**

Beginner / Improver – £4 – free tea/coffee

**St Richard's** 1pm - 3pm

Contact Carol: 07784 637057

[www.bhbefriending.org](http://www.bhbefriending.org)

**Access Point** help line number: 01273 295555 or  
[accesspoint@brighton-hove.gov.uk](mailto:accesspoint@brighton-hove.gov.uk)

**Money Advice PLUS** (Debt and Welfare Benefit  
Advice Line): 01273 809288  
[www.moneyadviceplus.org.uk](http://www.moneyadviceplus.org.uk)

**Alzheimers Society:** [www.alzheimers.org.uk](http://www.alzheimers.org.uk) or  
01273 726266

