



Moor Allerton Elderly Care

Time to Shine: Seasonal Loneliness 2019 – 2021 Outcomes Report

Leeds
Community
Foundation

Time to Shine: Seasonal Loneliness

Leeds Community Foundation is delighted to have worked with Leeds Older People's Forum and the National Lottery Community Fund's Fulfilling Lives: Ageing Better programme on the Time to Shine Seasonal Loneliness Fund.

Established in 2019, the Time to Shine Seasonal Loneliness Fund aimed to support projects that addressed issues of seasonal loneliness and isolation during the Christmas holidays in 2019 and during the summer holidays in 2020, for older people in Leeds.

Due to the impact of Covid-19 in 2020, the programme was extended for activities to be delivered during Christmas 2020 or summer 2021.

In this report you will find outcomes and learning from 13 of the Community Organisations funded through this round of the Time to Shine programme. The programme round invested £25,444 through 15 grants in Community Organisations in Leeds.

We hope that the following information gives you an idea of the valuable contribution made through the Fund, and the ways in which your support has enabled Community Organisations to work with, and make a difference for, people in their communities.

On behalf of the grant holders and all of the people supported through this programme, thank you.



15

Projects funded

804

Older people supported

£25,444

Awarded in grants



Middleton Elderly Aid

2

People identified as LGBT

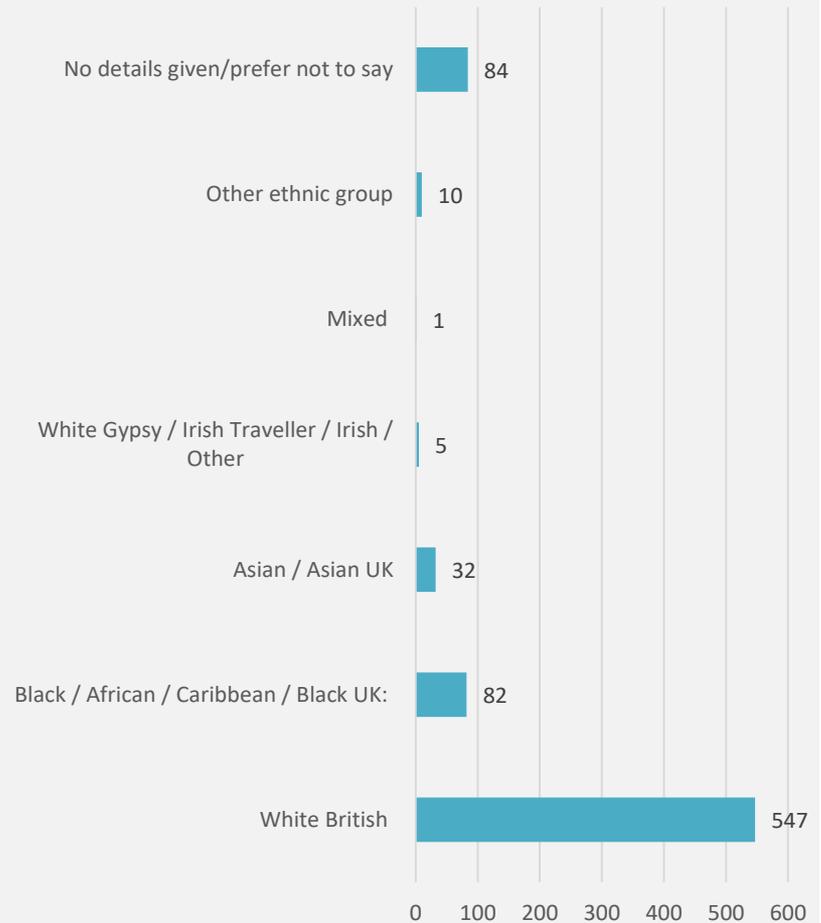
213

People identified as men

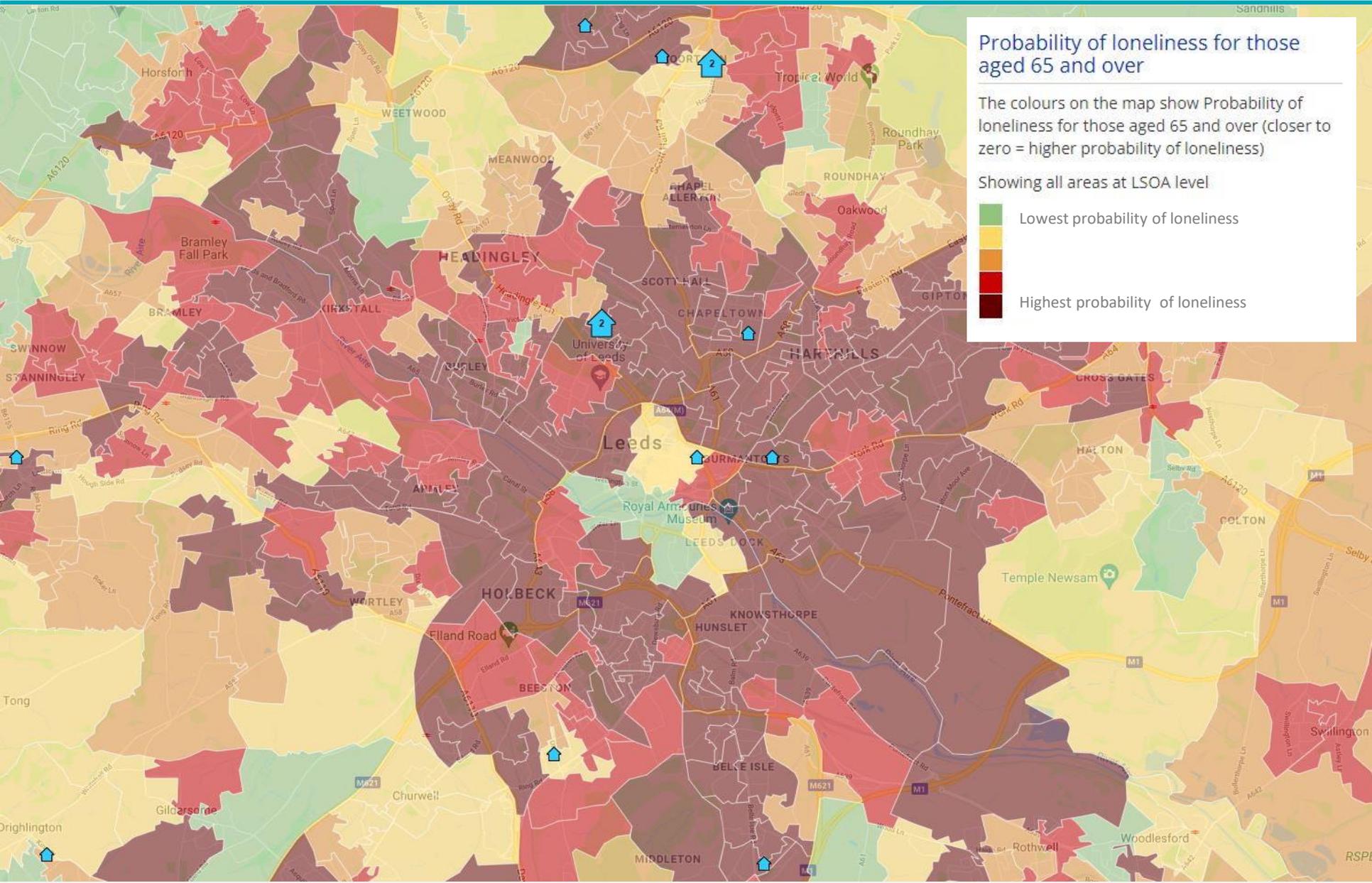
449

People identified as women

Ethnicity of Beneficiaries



Geographical Distribution of Grants



Probability of loneliness for those aged 65 and over

The colours on the map show Probability of loneliness for those aged 65 and over (closer to zero = higher probability of loneliness)

Showing all areas at LSOA level

- Lowest probability of loneliness
- High probability of loneliness

Summary of projects funded

Funded Community Group	Project Summary	Project Area	Amount Awarded
Caring Together in Woodhouse and Little London	This grant funded staff time for the organisation to support isolated older people in the community to use technology (utilising 100% Digital and Leeds Older People's Forum resources), primarily for connecting with others on a group and one-to-one basis. They also offered some support around online banking, online food shopping etc. at the request of participants. This project was delivered over Christmas 2019. 53 people over the age of 50 directly benefitted from the project.	LS6 2NY	£1,099
Creative Frame	This project delivered a series of intergenerational sessions using fruit and vegetables to make a face and then to animate it to tell a story. This project was delivered over Christmas 2019. Nine people over the age of 50 directly benefitted from the project.	LS6 2NY	£1,795
Creative Frame	This project built on the success of their first funded project. They delivered a series of intergenerational sessions using fruit and vegetables to make a face and then to animate it to tell a story. This project was delivered over Christmas 2020. 16 people over the age of 50 directly benefitted from the project.	LS6 2NY	£2,000
DAMASQ LTD	This project supported refugees and asylum seekers to meet at the Ebor Garden Community Centre to enjoy food from different countries (Syrian, Egyptian, Mexican, Turkish, Chinese, Indian, Thai and British), do craft activities such as wood burning art, talk about each country, famous landmarks and their experiences. During lockdown in summer 2020, Damasq changed to delivering food parcels and providing recipes for different cultural foods to maintain connections and reduce isolation. The project was delivered over Christmas 2019 and Summer 2020. 40 people over the age of 50 directly benefitted from the project.	LS9 7PS	£2,500

Summary of projects funded

Funded Community Group	Project Summary	Project Area	Amount Awarded
Drighlington Methodist Church	This project delivered four days of activities in August, including Table Tennis, Badminton, Curling and Pool for the more energetic, alongside nostalgic board games, jigsaws and arts & crafts. IT Training, help center and workshops were also provided. This project was delivered over summer 2021. 29 people over the age of 50 directly benefitted from the project, 55 people including indirect beneficiaries.	BD11 1EL	£2,453
Feel Good Factor	This project delivered a Christmas party in December 2020 for older people with games, activities, food and music, which was specifically organised to give service users the opportunity to celebrate Christmas with their social group. This was the first time FGF had the opportunity to open its doors during the festive period for those suffering from loneliness and social isolation. The second phase of the project included a trip to Scarborough, which differs from the original plan for users to attend a two-day residential at Northern College, but due to Covid-19, plans had to change. A one day residential was delivered instead and users enjoyed the experience. This project was delivered over Christmas 2020 and summer 2021. 57 people over the age of 50 directly benefitted from the project.	LS7 4BP	£1,600
Leeds Caring Hands	The grant supported the delivery of three sessions for older people to create craft Christmas cards, gift boxes and play games such as table tennis, scrabble, chess, jigsaws, snooker etc. Refreshments were provided with time given to socialise. This project was delivered over Christmas 2020. 97 people over the age of 50 directly benefitted from the project.	LS17 6PZ	£500
Leeds Caring Hands	Following on the success of their first funded project, this grant was used to purchase and wrap Christmas gifts for York Street Health Practice who look after homeless patients. They also set up a Loneliness Chat line and post letters service during the Covid-19 pandemic. Details of beneficiaries was not given but approximately 69 older people benefited from the project. This project was delivered over summer 2021.	LS17 6PZ	£1,000

Summary of projects funded

Funded Community Group	Project Summary	Project Area	Amount Awarded
Leeds Jewish Welfare Board	The 'Mishpakha (Extended Family)' project delivered an intergenerational Chanukah Celebration and a 1950s seaside trip to Scarborough. 'We Meet Again' Afternoon Tea sessions were also delivered. This project was delivered over Christmas 2019 and Summer 2021.	LS17 6AZ	£2,500
Little London Arts	This project delivered trips in summer 2021. During the Covid-19 pandemic, they also maintained engagement with individuals throughout the grant period, continuing to communicate with their existing contacts via online, telephone and postal methods. 16 people over the age of 50 directly benefitted from the project.	LS2 7LP	£2,500
Middleton Elderly Aid (MEA)	The grant supported activity and social sessions for their users. Activities included arts and crafts, dance, quizzes, bingo and a raffle. This project was delivered over Christmas 2019. 200 people over the age of 50 directly benefitted from the project, eight people also indirectly benefitted from the project.	LS10 4LF	£1,400
Moor Allerton Elderly Care	This project delivered a festive-themed lunch, bringing together members of the community with music, games and gifts. In addition, they arranged for a festively decorated bus to visit clients' homes, where volunteers spent time with them and delivered a meal with dessert, Christmas gifts and food parcels. This project was delivered over Christmas 2019 and Christmas 2020. 60 people over the age of 50 directly benefitted from the project.	LS17 5JD	£1,571

Summary of projects funded

Funded Community Group	Project Summary	Project Area	Amount Awarded
Pudsey Live at Home Scheme	As the group couldn't take their service users to the beach during the Covid-19 pandemic, this grant supported the delivery of seaside beach themed goodie bags and fish and chips to older people's homes. This project was delivered over summer 2020. 57 people over the age of 50 directly benefitted from the project.	LS28 7NB	£930
South Leeds Live at Home Scheme	This project delivered a day trip for older people to the seaside town of Bridlington in summer 2021. 90 people over the age of 50 directly benefitted from the project.	LS11 8AG	£1,980
South Leeds Team Ministry Charity Ltd - Trinity Network	This project delivered a 'holiday at home' experience for people unable to attend a conventional holiday. They had a 'day at the seaside' and a 'day at the races'. This project was delivered over summer 2021. 68 people over the age of 50 directly benefitted from the project.	LS10 3LG	£1,615

“A gentleman who attended the first of the three sessions was visibly quite distraught and experiencing low mood. After playing table tennis and snooker with fellow attendees, his mood began to change. The following week he stayed for the entire session and has since returned to subsequent meetings.”

Pudsey Live at Home Scheme

Seaside at Home

Pudsey Live at Home Scheme is a charity that supports people aged 60+ who are living in their own homes to remain independent and remain an integral part of the community. They were awarded a grant of £930 to take older people to the beach, though due to Covid-19 the beach trip was cancelled. However, they didn't let that defeat them and instead they brought the seaside to members at home, with fish and chips and goodie bags packed with a postcard quiz, a windmill and sweet treats including candy floss and doughnuts.

Case Study

"One of our members told us I was the first person to go to her door in a week, she was afraid to leave the house just now for fear of Covid. One of our volunteers delivers her shopping to her once a week and another volunteer gives a befriending telephone call weekly. Her daughter lives in New Zealand and she has not got any family in this country. She is 93 and lives independently but was very lonely and isolated at the minute and very down when we spoke.

When I called this lady to ask if she would like fish and chips and a seaside bag she was overjoyed and excited, she could not thank me enough for thinking about her. On the day it was delivered the smile on her face was amazing to see and she called the office soon after to thank me again."

"The goody bag took me back to my childhood days, thank you."

"A bit of normality in these times we are living in."

People who received goody bags

Pudsey Live at Home Scheme



Christmas in Moor Allerton

Moor Allerton Elderly Care is a registered charity that supports older people in LS17 through a variety of health and social activities.

A grant of £1,571 was awarded from the Time to Shine Seasonal Loneliness fund which supported the organisation to hold two Christmas events. The first event was held on the 23rd December 2019 and the second event was on the 23rd December 2020. A free, hot Christmas 2-course meal was provided along with live entertainment, bingo, raffles and fun activities for everyone to enjoy. Christmas gifts and food parcels were also delivered to homes for those who were self isolating due to the Covid-19 pandemic.

In total, 60 people over the age of 50 directly benefitted from the project, and an additional 55 people benefitted indirectly (family, volunteers etc.). The days were full of smiles, appreciation and new friendships were able to develop.

“A huge thank you for his delivery - I’m amazed by it and do not know how you guys manage to do so much. It’s far more than I would have ever expected.”

- Person supported by the project



Moor Allerton Elderly Care



The 'Together' project

The Feel Good Factor aims to improve the health and wellbeing of local communities by enhancing lifestyles and increasing access to opportunities.

A grant of £1,600 was awarded from the Time to Shine Seasonal Loneliness fund which supported the organisation to deliver a one-day residential at Northern College and a Christmas party in December 2020 for older people with games, activities, food and music. 57 people over the age of 50 directly benefitted from the project.

The project has helped to establish wonderful friendships, that have helped service users get through the Covid-19 pandemic and lockdowns. They now all have their own WhatsApp group, checking in on one another and providing support including running errands and shopping.

The project not only helped reduce loneliness but has also helped service users with their confidence, with one lady taking the lead on story telling and others leading on quizzes and games.

The grant also enabled and inspired Feel Good Factor to approach their local community businesses in Chapeltown, Leeds. Local retail shops funded £45 in vouchers and food worth £50 in monetary value. This was raised by the Steering Group Sub Committee who also took part in organising the Christmas meal.

“Really enjoyed everyone going out together as a group and seeing everyone for the first time in a while.”

“Good company, nice meal and a paddle in the sea which was nostalgic.”

“Mum got her spark and mojo back from attending the group. It built her confidence and she made many friends.”

“We should have more opportunities like this, many of us are at home on our own. It makes sense to celebrate together. You don't feel as lonely or as though you are missing out.”

Feedback and quotes from people supported by Feel Good Factor

By the Seaside in Bridlington

South Leeds Live at Home Scheme is a registered charity that supports older people who live in their own homes. They provide services that enhance the quality of older people's lives, as well as empower and encourage them.

A grant of £1,980 was awarded from the Time to Shine Seasonal Loneliness fund which supported the organisation to arrange a day trip for older people to the seaside town of Bridlington in summer 2021.

Two coaches took 90 older people over the age of 50 from south Leeds communities on a fun day trip, supported by staff and volunteers.

The project boosted the health and wellbeing of all of the people who went. It was a break in their usual routine and was a chance to socialise and enjoy the company of others.

The trip also helped to reduce social isolation among the older people the organization supported, which was particularly valuable after the restrictions imposed by the Covid-19 pandemic.



South Leeds Live at Home Scheme

Vegimation - An Intergenerational Project

Creative Frame are a group of artists who work with young people and vulnerable adults and use theatre, tech, design, workshops, film and even food to give people the chance to learn and express themselves through art and creativity.

Thanks to an award of £1,795 through the Time to Shine Seasonal Loneliness programme, they delivered an intergenerational healthy eating and digital workshop for young and older people at the Woodhouse Community Centre in Leeds over the 2019 Christmas break.

Nine people aged 50+, together with eight young people, learnt the process of building characters from fruits and vegetables, recording audio for the characters to speak and then producing short animations.

The animations created can be seen on the group's website:

<https://www.creativeframe.org.uk/2020/01/10/time-to-shine-vegimation/>



“The trip was fabulous. ... The best for me was the beautiful rose garden the smell of all the roses together was amazing. The day was so relaxing we could feel all the stress of what is going on in the world at moment just disappear for them few hours. Once again thank you for a lovely day out.”

Person supported by the Little London Arts project



Leeds Community Foundation
51a St Pauls Street
Leeds
LS1 2TE
0113 242 2426
info@leedscf.org.uk
Registered charity number: 1096892



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