

**Leeds
Older
People's
Forum**



Annual Report 2021/22

Our Projects

FORUM CENTRAL PARTNERSHIP

LOPF is part of the Third Sector Health and Care Network for Leeds, delivered as a partnership between LOPF and PSI Volition. We provide representation, information and networking to our combined membership of 305+ third sector organisations delivering across older people, mental health, learning disability and physical and sensory impairment.

Time to Shine

Our flagship programme for tackling loneliness and social isolation in Leeds was extended bringing us a 7th year due to Covid interruptions but finally ended in March 2022. Funded by the National Lottery Community Fund, 86 third sector partners were involved across the 7 years delivering 131 projects.

The LOPF website now hosts a bank of resources including 78 learning reports, 16 toolkits, 100s of case studies, films and podcasts to allow us to continue to share that learning and good practice as part of the legacy of the work.



*One of the key messages for legacy within Time to Shine was that we bring about societal and attitudinal change. As part of our work to create that we launched the **Age Proud Festival** during the final Time to Shine year which ran for 10 days in September 2021*

“
It has been a pleasure to be a part of it over the years and to certainly see the impact it has made on Older People's Services across the city, especially the Neighbourhood Networks.
”

Shine Magazine

During lockdown our storytelling project to share positive stories of the impact of TTS

was repurposed to create Shine magazine. Shine was distributed to reach 5000 of the most isolated older people in lockdown thanks to the support of nearly 50 third sector partners.

Older people in Leeds have stories to tell and Shine shared them for others to enjoy creating stories of our lives, memories of our city, stories about how we have coped with adversity.

*Stories to make you laugh, to move you, to make you think.
All kinds of stories from all kinds of older people in Leeds.*



Friendly Communities

The Friendly Communities project brings together Age and Dementia Friendly Campaigns to help make Leeds the Best City to Grow Old In. Age Friendly Leeds aims to make Leeds a city that enables people of all ages to actively participate in community life, such as the Come in and Rest initiative. Dementia Friendly Leeds aims to raise awareness of dementia and make services more accessible.

Through the Friendly Communities Project we have delivered:-

- Age Proud Leeds
- Age Friendly steering group
- Age Friendly Ambassadors
- Age & Dementia Friendly Business Guide
- Wise Up To Ageism workshop
- Dementia Friendly

This project continues to go from strength to strength and the work is designed, driven and shaped by the steering group.



Third Sector Development

The project was established to work with Neighbourhood Network Services (NNS) to support their development.

During 2021/22 regular skillshare sessions continued allowing NNS staff to meet online and learn from each other as services adapted to the needs of older people as lockdown restriction began to ease This peer support has created greater cohesion across networks and LOPF aims to continue to develop this.

A peer support and training partnership with 100% digital and the neighbourhood networks which had started during the pandemic, has continued to develop and now extends its reach to other third sector older people's organisations.

“
That's an amazing legacy that you and your team have overseen. Congratulations to you all at TTS and LOPF for all the hard work you have put in. I know you've all worked your socks off over these last 7 years.
”

Communications


In December 2021 LOPF launched its new website and its new image, complete with logo. The website continues to provide regular news and blogs about the older people in Leeds and the organisations that work to support them.

We continue to maintain a strong presence on Twitter to promote the work of partner organisations as well as our own work, and to share ideas and provoke debate.

We generated regular project updates that kept our partners involved in our news and work and a regular newsletter “Have I Got Older People’s News For You?” shares local, regional and national news.

Learning Facilitation

The Learning Facilitation project was delivered as part of Time to Shine. The project provided training and awareness solutions to help staff and volunteers who work with older people who are struggling with loneliness and social isolation. In 21/22 we continued to deliver online Time to Learn sessions via zoom for delivery partners to share experiences and learn from each other. From these sessions learning briefings were created as resources available on the LOPF website.



Thank you for this and what an epic achievement from all. It's been a real privilege to be only a small part of the Core Partnership and I'm looking forward to seeing the legacy continuing to unfold throughout the city.

Men's Health Unlocked

Men's Health Unlocked (“MHU”) is a network for individuals and organisations working in the field of men's health and wellbeing in Leeds. It takes a joined-up and gendered approach to tackling health inequalities specific to those who identify as men.

MHU is a partnership between four local charitable bodies (Barca-Leeds, Forum Central, the Orion Partnership and Touchstone) and Leeds City Council, and in January 2021 received over £300,000 of funding from the National Lottery Reaching Communities Fund, to support the health and wellbeing of men across the Leeds area for 2 years.

This came as a huge boost for men's health in the city following a successful first 12 months of the project, which saw the network make waves at a local and national level. It has delivered 100 tablets to men across the city – half of which were men from ethnic minority backgrounds. It also set up a men's helpline and recruited “Manbassadors” in local shops, who have regular chats with men to help point them towards activities and services.

International Day of Older People (IDOP)

International Day of Older People (IDOP) is on 1st October and is celebrated annually in Leeds, focusing on a different theme each year. The theme for 2021 was Linking Lives and aimed to bring people and communities together (literally and figuratively), raise awareness and celebrate the strength of the diversity of older people and communities across Leeds.

£3,750 was awarded for community events. 439 older people attended the events along with 107 younger people. Funds were provided by Leeds Adult Social Care, Leeds City Council Public Health and Leeds City Council Safer and Stronger Communities Team

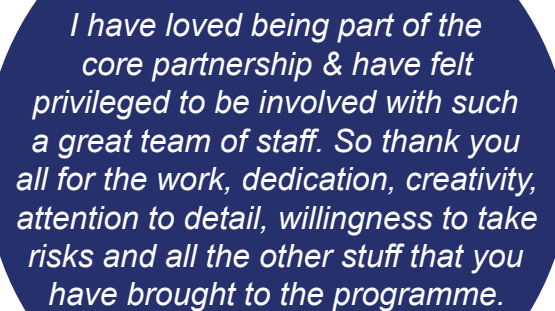
LOOKING FORWARD TO 2022/23

As the LOPF team worked to bring Time to Shine to a celebratory end, attention was also focused on the future.

Enhance

Enhance will support safe and sustainable discharge from hospital and neighbourhood teams into a secure home environment and link Neighbourhood Teams with third sector organisations to enhance capacity in both sectors and avoid both delayed discharges and readmissions.

Thanks to relationships developed across Forum Central with Leeds Community Healthcare (LCH) it was agreed that LOPF would receive funds to manage a network of providers and to liaise closely with LCH in developing a new way of working that could bring system change. We now have 14 third sector delivery partners accepting referrals from Neighbourhood Teams. Like Time to Shine, this is being delivered with a test and learn programme approach with regular monitoring and evaluation, learning events and a multi disciplinary steering group. At the moment we only have funding to the end of May 2023, but we are working closely with partners to create an evidence based business case to bring in sustained funding.



I have loved being part of the core partnership & have felt privileged to be involved with such a great team of staff. So thank you all for the work, dedication, creativity, attention to detail, willingness to take risks and all the other stuff that you have brought to the programme.

Travel Connections


Leeds Older People's Forum got news in May 2022 that it will lead Travel Connections, exploring how to improve transport options for older people. The programme has been awarded a grant through the Department for Transport's 'Tackling loneliness with transport' fund.

Travel Connections incorporates 12 separate projects exploring how to improve transport options for older people. Six local third sector organisations are partners in the programme, with LOPF also expanding our Friendly Communities project to include work on travel.

The projects come under five themes:

1. Buses
2. Taxis
3. Active travel
4. Community transport
5. Travel conversations

The first four themes explore how the vast network of existing transport resources in Leeds can be better used to reduce loneliness. The fifth theme focuses on creating conversations between older people and decision-makers so that older people's voices are heard at strategic city levels.



A truly brilliant example of co-production and partner working

Other work continues

As we move into 2022/23 we have also secured continued funding from LCC and the CCG for the Friendly Communities project who now has a staff team of 3 and is supported by the work of many older volunteers.

The Third Sector Development management work continues thanks to funding from LCC and includes a partnership with 100% digital to create the digital hub.

Men's Health Unlocked continues thanks to Reaching Communities Lottery funding.

As a continuation from Time to Shine we continue our learning programme with the Good Practice Mentor who will share the learning from Time to Shine and seek to embed it within all future work which will be a wonderful legacy.

We also continue to deliver an arts project funded by the NHS CHarities Together fund in partnership with the Performance Ensemble and work to support them in their future project, 1001 Stories as part of Leeds 2023. Other arts projects include the creation of "boxes of wonder" funded by WG Edwards and Dying Matters.

Well done to all of the team on the delivery of a successful programme, although I have only been involved for the last few months your hard work and dedication has been exceptional

2021/22 was a very busy year and it looks like 2022/23 will be very busy too.

Exciting times ahead!

A great deal of work has been done, none of which would have been possible without the dedication, skills and passion of the LOPF staff team and that of the third sector partners across the city.

Our grateful thanks to all for such an impressive achievement.


Armley helping Hands would like to express their appreciation and say "Thank You", to the Time to shine programme team for their dedication towards this priceless work and the outstanding delivering of service and intervention to our older citizens in Leeds over the last 7 years . Teamwork definitely makes the dream work!

Get Involved

- Learn from Time to Shine's evidence by attending one of our upcoming learning events.
- Join the Age Friendly Steering Group to guide the Age Friendly Leeds campaign
- Join 'Up and Go' group (Leeds DEEP - Dementia Engagement and Empowerment Project group) – providing a platform for people living with dementia to make a difference in their communities through sharing their stories and leading campaigns. We specifically welcome people living with dementia.
- Sign up to be an age friendly and dementia friendly organisation.
- Become a 'Come in and Rest' location.
- Become a third sector representative on decision-making boards relating to the health and wellbeing of older people.
- Become an LOPF Trustee and shape our work. Please contact us if you require any support to get involved in any of our opportunities.



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