Time to Shine learning reports: how to find what you need

Leeds Older People's Forum
December 2022

Run by Leeds Older People's Forum (LOPF), Time to Shine was a seven year programme which aimed to find out more about reducing social isolation and loneliness for older people. 131 Time to Shine projects were commissioned by LOPF between April 2015 and February 2022, from 86 organisations.

The programme used a test and learn approach to encourage innovative approaches. There are over 100 reports and toolkits available in the resources section of the LOPF website including everything from practical toolkits for frontline workers to effective methods for commissioning grant programmes.Time to Shine was part of the National Lottery Community Fund's Ageing Better programme which wrote, gathered and shared other reports which aren't listed in this document. You can find them here.

Analysis from the national programme indicated 42% of TTS respondents experienced a reduction in loneliness compared to 37% of respondents in Ageing Better as a whole. 66% of TTS respondents improved their wellbeing compared to 59% of Ageing Better respondents.

With over 100 items available from LOPF it can be hard to know where to start, so we have produced this themed guide to help you take a look at some of that learning and use it to inspire and refresh your practice.

In the first part of this brochure the learning is arranged in the three sections looking at practice, research and systems change.
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You can also use the contents list to find learning arranged by specific topics (Younger Older people, Coproduction, Arts, Frailty and so on). Many reports address more than one issue so you might find them listed in a number of sections.

We've broken down the sections to help you decide what you want to read or view, there are short reports, toolkits, academic reports and videos and podcasts.

Time to Shine in practice

This is learning from our delivery partners condensed into short reports and toolkits for front line workers and their managers. It can help you make changes in how you work.

📁 End of project reports

BME Network: support for a network of small groups of Black and Minority Elders

CARA; Connecting older Irish people in Leeds

CARA Too

Carers Connections: linking people with a shared experience

Choices: a project for older people living in the diverse populations of Chapeltown in Leeds

Don't Call me old: working with younger older people

Digital Angels: support to get older people connected

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Float Your Boat: encouraging people to talk on the waterways

Health for All Connections:working with younger older people -

In Mature Company: dance in care homes

Lychee Red Chinese Seniors

Making a Match:engaging people through their interests

MHA Community Support project: helping older people get out and about

More Than a Mealtime Shared Tables: sharing and enjoying food together

Raat di Roti: meals shared with punjabi elders

Sage: a project for older LGBT+ people in Leeds

SELF: supporting older people's mental health

Sunshine in Leeds: supporting the most lonely older people

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Grief takes many forms: supporting older people through loss and bereavement

Life, loss, learning and legacy: learning from men's experience of bereavement

Older People and the arts:health and wellbeing through creative engagement

Reducing social isolation and loneliness for older adults with a learning disability

Shared tables:older people eating out together

Shine magazine - Lifestyle, learning and laughter during Lockdown in Leeds

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The complexity of loneliness and meaningful relationships

The value of working with volunteers on Time To Shine projects

Trigger points: how might older people fall into isolation and loneliness

Working with younger older people

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Compassionate and informative telephone calls during Covid-19

Co production: a Time to Shine toolkit

How to include people with learning disabilities by using accessible information

Ideas on how to include people with learning disabilities

In Mature Company: introduction to the Dance Diary

Making LGBT+ older people feel comfortable in your groups: a toolkit for people

Running a supportive and welcoming group

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Helping community groups to become self-led and sustainable

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Time to Shine - an Academic view

This is a quantitative and qualitative look at Time to Shine from our local evaluation team at the [Centre for Loneliness Studies](#), Sheffield Hallam University.
It will help you clarify, to your colleagues, funders and staff, why you need to start working in this way to reduce social isolation and loneliness, and is aimed at practitioners, managers and strategic managers.

Final Programme Evaluation

[Time to Shine local Evaluation - Executive Summary 2021](#)

[Time To Shine local evaluation. Report 2: methods](#)

[Time To Shine local evaluation. Report 3: process evaluation](#)

[Time To Shine local evaluation. Report 4: intervention typologies](#)

[Time To Shine local evaluation. Report 5: motivations and barries for beneficiary engagement](#)

[Time To Shine local evaluation. Report 6: participation, engagement and outcomes for older people](#)

[Time to Shine local Evaluation. Report 7:the impacts of Time to Shine on project beneficiaries](#)

[Time To Shine local evaluation. Report 8: the impact of Covid-19 on Time to Shine service delivery and project beneficiaries](#)

[Time To Shine local evaluation. Report 9: legacy, systems, change and sustainability](#)

[Time To Shine local evaluation. Report 10: Test and learn](#)

Interim programme evaluation

[Time To Shine local evaluation.Interim report: the beneficiary experience](#)

[Interim findings from the Time to Shine evaluation questionnaire](#)

[Short report: thinking of running an activity to reduce loneliness? Get inspired](#)

[Tackling the Crisis of older men: exploring what works through time to Shine](#)

Project case studies

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[Case Study of the In Mature Company Project](#)

[Case Study of the Leeds Community Connect Project](#)

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[Shared Tables: Time To Shine case study](#)

[The Role of Co-production in Combatting Loneliness and Social Isolation in Later life: a case study of the Time to Shine programme](#)

[Time to Shine, time to share: lychee Red Chinese Seniors](#)

[Young at Arts: reducing loneliness and social isolation through offering creative social opportunities](#)

Time to change systems?

Information for influencers, including senior managers, commissioners and politicians. This will help you find out how you can make services for older people more effective.

🎓 Academic reports

Monitoring and Evaluation at Time to Shine

The Role of Co-production in Combatting Loneliness and Social Isolation in Later life: a case study of the Time to Shine programme

Time To Shine local evaluation. Report 9: legacy, systems, change and sustainability

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