

Staffordshire Cares: Community Wellbeing Fund – project examples

We want to encourage parish councils and local community groups to think about how some funding could help develop innovative projects or extend existing ones which improve and maintain the health, independence and wellbeing of older and vulnerable people. Providing a range of local activities can really help older and vulnerable people stay healthy and active for longer meaning they can continue to live an independent life in a supportive community.

Examples of projects we would be interested in funding are below but this is about innovation so anything which helps achieves the aims set out might could qualify...

Community transport projects to increase access to local facilities and social activities, such as shopping trips, local clubs, groups, **training courses**, and visits to essential services such as the post office. This type of project helps people to feel less isolated and more a part of their community.

Community based **Luncheon Clubs** can enable older and vulnerable people in the community to meet others regularly in a safe environment, while enjoying a hot, healthy meal. One organisation used funding to employ a part-time cook which increased the provision of their luncheon club. Similarly a **Friendship Club** received funding so that they could purchase catering equipment to further develop their **Befriending Scheme**.

A Widows Club was developed by one community group, which provided **support, trips, social activities, events and outings**. The club helped to reduce **social isolation** with a vulnerable group of older people in the community.

Easily accessible **exercise, dance or walking groups** in community settings targeted to older and vulnerable people can help to improve physical health, mental wellbeing, **reduce falls** and therefore **prevent admissions to hospital**. These types of projects also help people to feel less isolated through social interaction with others. Improving physical and mental health through increased physical activity can help people to **stay in their own home** and prevent the need for social care intervention. Projects have incorporated various forms of exercise from dance and chair-based exercise to Tai Chi.

Funding was provided to one organisation to develop their work in enabling older people to **remain living in their own homes** with **greater independence** by improving **home safety, home repairs** and increasing **energy efficiency**. The organisation was able to work in partnership with others to identify vulnerable older people in the community who were in need of this type of support.

Outreach Helpline projects can provide ongoing support and a point of contact to isolated and housebound older people in the community, through various communications and home-visits. These types of projects can help to develop community involvement and participation as well as improving the mental wellbeing of older people through **increased social interaction**.

Increased **access to information, education and training** can have a significant impact on health, independence and wellbeing. One organisation has achieved this through a weekly health education and group discussion delivered to older people in the community. This included mental health, healthy eating and access to benefits advice etc.

One project was developed to promote healthy ageing, **increasing the number of active older people participating in volunteering** and further develop the range of activities they can undertake through the provision of training, support and advice.

Projects that support strong communities, for example, those that promote **intergenerational activities** and links amongst young people and vulnerable adults.