

## Health & Wellbeing Group Grant Form (for small grants)

1. Name of applicant: Irene Kohler
2. Organisation applying: Older People's Champion (Salisbury Area Board)
3. Contact details of applicant: irenek@talk21.com
4. Total cost of your project (provide a simple breakdown of costs):

### Costs

Printing fliers, invitations and promotion	£150
Facilitation of events 3 x £200	£600
Refreshments for 3 events @ £50	£150
Afternoon tea/cakes for 50 people including accommodation	£100
Transport for a range of events	£900
Quiz night with meal for 60 people including accommodation	£900
May need some prizes	£100
<b>Total</b>	<b>£2,900</b>

### In addition

Advance Planning, Organisation + presence over 12 days in kind

Equivalent of a month – say £3,000

Volunteer input to prepare and serve food, escort, + PA support,  
wait at tables etc etc - priceless in kind

input from all the organisations and their members to open  
their doors and welcome people to taster sessions - priceless in kind

5. How much are you applying for from the Health & Wellbeing Group fund?  
£2,900

6. What is the title of your project?

**Celebrating Silver Sunday - International Older People's Day**

7. Please give a paragraph (or 2) description as to what your project is for/what its aims and objectives are

The objective of this event is to celebrate International Older People's Day (1<sup>st</sup> October) by

- Having fun and sharing celebration with people who may find it difficult either physically or mentally to join in what is happening in our City (ie aiming to alleviate loneliness and social isolation)
- Celebrating range of activities older people in Salisbury engage in
- Encourage people and make it easy for people to discover interests and activities that are or can be made accessible
- Enjoying time to socialise (invitations to the afternoon coffee and cake and evening meal will be targeted)
- For Salisbury to be a leader in the field in development and enhancement of quality of life for all its older residents and hopefully demonstrate that older people are mega contributors to community life in Salisbury as well as users of services

**Most of the events in the advertised programmes will be specially adapted regular sessions which will be planned to welcome and include newcomers and give them a taster**

**We are aware that this promotion may create a demand – or in my terms identify unmet need ie will identify and inform us of activities that people would like to join but no spaces available. It will also give food for thought by people who have full and active lives about how to be inclusive when it comes to people who don't find it easy to get out or to mix. Some events will also include children and young people and promote intergenerational community activity**

**I have consulted with Pippa Webster of AgeUK, the prescribing team at Salisbury Medical Practice (Fisherton House), and Rebecca Seymour of Celebrating Age. Karen Linaker the CEM and Cllr John Walsh who chairs the Health and Wellbeing Group are aware of this proposal**

**A range of organisations are being invited to be involved; most so far have responded positively but are still in the planning stage – these include**

<b>Library</b>	<b>Playhouse</b>
<b>Celebrating Age project</b>	<b>Mind the Gap</b>
<b>Dance 60</b>	<b>Jo Benson Day Centre</b>
<b>Cathedral</b>	<b>Alzheimers Support</b>
<b>Faith groups and establishments</b>	<b>Alheimers Society</b>
<b>Museum</b>	<b>AgeUK</b>
<b>Swan Dementia Advocacy Service</b>	<b>Mencap</b>
<b>Community Centres and Groups</b>	<b>Carers' Support</b>
<b>Wessex Cancer Care</b>	<b>U3A</b>
<b>Health Centres (Salisbury and Cathedral practices)</b>	<b>User support groups</b>
<b>Sheltered Housing, Almshouses, Retirement Apartments, Residential Care homes</b>	

**We are hoping to run a competition open to older people to design a poster/flyer to promote Silver Sunday**

**8. Please tell us when your project will take place**

**Silver Sunday has become the term given initially to the first Sunday in October and grown to encompass the days around 1<sup>st</sup> October and Silver Sunday which this year will be 7<sup>th</sup> October**

**We aim to have a “watch this space” flyer to distribute at Expo55 and start promoting the full programme from August**

**The project will be launched on Sept 24<sup>th</sup> with Celebrating Age and conclude on Monday 8<sup>th</sup> October with hopefully at least one activity on each day.**

**9. Does the project meet a local need? (for which postcodes?)**

**Specific invitations will be distributed in Bemerton Heath and the Friary: additionally organisers of community groups, health services and faith groups will be invited to pass on invitations to people they are aware of who are isolated and/or housebound**

**10. How well does the project meet the priorities of the Joint Strategic Needs Assessment:**

**Loneliness**

**Social Isolation**

**Dementia**

**Carers**

**Avoidable admissions to hospital**  *being engaged in activity is known to lessen visits to health professionals*

**Avoidable admissions to hospital due to falls**

(ie Does the project addresses the reasons why people are admitted to hospital eg providing opportunities for healthy eating/exercise etc)

**11. How well have older people and their carers been/will be involved in the project?**

**All the organisations I am aware of have been invited to be involved but I am mostly dependent on their organisers to consult with their members**

**I have met with members of Bemerton Heath luncheon club and adapted some of my ideas based on our discussion: I have picked up feedback from participants at the two Celebrating Age events so far held. I will be visiting other groups to invite them both as participants and contributors**

**12. How accessible is the project for all? (Disabled access, low income, vulnerable, socially isolated etc)**

**We aim to make the events free or low cost**

**AgeUK and other organisations are committed to supporting the events in terms of support, transport, escort etc their staff and volunteers are all DBS checked  
A range of organisations and group leaders as previously described are aware of people in their communities who are socially isolated and will be ensuring they are individually invitations to events**

**13. How well will the project safeguard the welfare of vulnerable people?**

**AgeUK and other organisations are committed to supporting the events in terms of support, transport, escort etc and they are all DBS checked**

**14. How will you monitor and evaluate the project?**

**We will be asking groups to keep a record of people who are new to groups and will be asking people attending/participating in events to give feedback**

**The proof of the pudding will be whether people who go to taster sessions subsequently join a group. I would welcome suggestions on how this information might be obtained – might there be a retired market researcher out there looking for an interesting pro-bono assignment?**