GLASGOW THIRD SECTOR TRANSFORMATION FUND

FUNDED PROJECTS
Details of the 41 third sector projects supported as part of Reshaping Care for Older People Glasgow City Partnership.

Voluntary Action Fund
Administer this fund on behalf of the Glasgow Third Sector Interface
**Action on Hearing Loss Scotland (formerly RNID)**

Action on Hearing’s Hear to Help project enables people to make the most of their hearing aid and manage their hearing loss effectively and independently. It will provide support to NHS hearing aid users in local communities and enhance the understanding of hearing loss amongst vulnerable groups like the elderly. Their team of staff and volunteers demonstrate how to carry out basic hearing aid maintenance, such as replacing tubing and batteries and give users the confidence to manage their hearing aids.

The funding will allow them to continue with the hearing aid maintenance project for a further year with older people aged 65+ city-wide. They currently work in partnership with NHS Greater Glasgow and Clyde and will continue to do so to ensure that those people who have a hearing loss are made aware of the support they provide. The grant will be used to employ a Project Co-ordinator who will run the service and support existing and recruit new volunteers to support the delivery of this. Targets are:

* 1000 hearing aid users are supported over the year in their own communities and homes by providing hearing aid interventions.
* 25 volunteers delivering hearing aid support on a regular basis
* deliver Hear to Help service to 40 nursing homes, 20 sheltered housing complexes
* 14 regular accessible community drop-in sessions

**Addaction**

An outreach and support service for Adults aged 65 and over experiencing health problems due to problematic alcohol use. The aim of the service is to reduce hospital readmissions of older adults through a targeted and proactive approach addressing alcohol use, health and social care needs and isolation in the community. Patients will be identified and screened by the NHS Acute Liaison Service (ALS) and if in agreement, referred to Addaction 65+ Change.

The service will facilitate a seamless care pathway for this vulnerable care group ensuring continuity of care from acute to community. The service could be provided to approximately 170 individuals over 17 months accessed from GRI, Western and Gartnavel Hospitals for patients resident in North West area of city.
Annexe Communities

"The Arts of Wellbeing Project" provides a range of arts and health positive and social activities in a safe and welcoming environment for the over 65’s enabling them to get out of the house and meet new people while trying out different activities. Based in the North West of the City, they have based the activities around ideas, solutions and suggestions that have come from the over 65’s themselves.

The project supports; more connections with others, less isolation; more movement, less boredom and depression; Space to relax and have time out or mind off illness/pain or caring responsibilities for a wee while; structure to the week with other people to talk to and something to look forwards to out of the house.

Direct support offered to carers as they participate in their own group and activities, giving them valuable time out whilst the "cared for" person is also taking part in activities.

90 places will be supported with the grant over 40 weeks of activities.

Cancer Support Scotland

Chi Gung is a gentle movement exercise that can be highly beneficial to cancer patients as it keeps them active during and after treatment without exhausting their bodies and leaving them with little energy to fight the disease.

Chi Gung is currently run by Macmillan Cancer Support and their volunteers and Cancer Support Scotland would like to invite them provide this service within the Calman Centre twice a week so that the service is available in the West of the city.

The project plans to provide the local community (including the Beatson Cancer Centre) with a physical activity that they can take part in to aid their recovery from cancer treatment. A grant would part-fund the Volunteer Coordinator’s role (from January 2014) and give him the support to develop, monitor and promote to service to cancer patients in and around the West End of Glasgow.

A Chi Gung class can have up to 12 individuals taking part and over 58 individuals age 55+ will benefit.
Castlemilk Pensioners Action Centre

Due to their increasing membership and imminent relocation to larger premises, CPAC wish to support their Development Officer post (funded via Transformation Fund 2012) and to recruit an additional member of staff - Project Assistant / Driver who will assist with providing a 'shuttlerun service' bringing up to 20 isolated/disabled elderly people per day to and from the Centre. Both staff members will work together to promote the services throughout Castlemilk and surrounding area and link up with Housing Associations in order to identify individuals who would benefit from utilising their adapted transport.

This project supports older people aged 55+ in the South of the city. A specific focus is on welcoming male members of the elderly community who are harder to reach and staff will encourage participation and coordination of a programme of activities (such as health, advice, sport, community and housing). All of these activities are vital to maintaining independence in later life.

Targets are: Provide adapted transport to and from the Centre on a daily basis for up to 20 individuals who would not be able to access otherwise; Provide nutritional, subsidised food from Cafe facility which will also provide a social setting for over 100 elderly people per day; Provide a wealth of activities, excursions, outings, learning and health related advice and guidance to over 400 with membership increasing annually.

Community Transport Glasgow

Aim to improve access to NHS appointments and health-related services for isolated older people 65+ in the North East who would not be able to attend, due to transport difficulties and improve access to a range of other local services.

They will employ a p/t Project Officer and recruit at least five volunteer drivers to transport isolated older people to and from NHS appointments and other health-related services to deliver at least 560 passenger journeys over the 17 months of the pilot.

The activities would include:
- Develop an effective referral system and produce targeted promotional materials (month 1)
- Recruit and train a minimum of five regular volunteer drivers (by month 3)
- Promote the service to relevant GP surgeries, health centres and outpatient clinics e.g. at the Royal Infirmary, Stobhill and the Southern General (by month 3)
- Deliver a minimum of 560 passenger journeys (by month 17)
- Explore opportunities for joint working with other relevant agencies e.g. Good Morning Glasgow (ongoing)
COPE Scotland

The project is aimed at Carers of adults who are over 65 residing in the North West of the city in order that they are more able to fulfil their caring role and look after their own mental well-being. Through improved mental well-being the Carer can experience less compassion fatigue which in turn can have a positive impact on the experience of the person being cared for. In addition Carers not currently linked with supports will be targeted and a new awareness of mental health services for Carers will be enabled.

‘You Care, We Care, Time for You’ project aims to enhance the existing generic Carer’s information, training and support pathway, a mental wellbeing programme promoting resilience and self-care with a focus on those caring for an older relative. Offering a specific Carer’s day once a month offering a variety of mental well-being interventions evolving in response to needs, including: Workshops on issues of self-care and management of particular stresses around caring for older adults.

In addition, identify other supports Carers need and signpost to services and opportunities where appropriate e.g. financial advice. This project also provides a door for Carers to become more aware of and access COPE core services which is supportive of the Whole Systems Partnership approach.

150 carers over 17 months and 40 elderly per year provided as an indicative target of beneficiaries.

Cuthelton Social Club

Cuthelton is a sheltered housing scheme in Parkhead, in the North East of the City. The Social Club provides a friendly, healthy, safe community where the tenants can attend day trips and social events within their scheme. They have been operating for 6 years, have helped develop their community and give support and encouragement to the lonely and infirm.

The Club was funded last year to engage holistic therapists and this was very successful in terms of helping with chronic pain and also tackling isolation. The project will continue and expand on this pilot with the introduction of arm chair exercises and Tai Chi. A larger venue and transport will allow more people to benefit and more socialising which was recognised as equally important in year 1. The project will also be widened out to a partnership with Crail Street Sheltered Housing and will reach up to 60 older people.
Diabetes UK Scotland

Diabetes at your Finger Tips (DEFT)

The project will pilot a way of getting diabetes information out to older people aged 65+ from Black, Asian and Minority Ethnic communities in Glasgow, North West and South, supporting them to understand the condition better and manage diabetes confidently, enjoying a better quality of life with fewer diabetes complications, and living healthier for longer. It will build capacity of 90 people living with Type 2 diabetes through an e-learning and peer support programme. Staff and volunteers will work with small groups within their community setting and guide them through the interactive course on Tablet PCs.

The project will:
• increase knowledge of the condition and help reduce myths and misconceptions
• improve health literacy and resilience of participants to take more responsibility for their own care, reducing the demand on NHS services and increase confidence using IT and access to reliable information online
• bring older people together to form peer support groups and strengthen inter-generational links

Enable Scotland

The Cuppa Club, will increase the capacity of 50 older carers from across the city (65+) of people with learning disabilities to be more connected to their community and decrease their social isolation by providing a respite, friendship and information service. Opportunities will include a range of activities, nutritious meals, discussion/mutual support groups and access to information. A variety of social activities such as carpet bowls, lunches, knitting/sewing bees, keep fit, singing, facilitated reminiscence sessions will be available and will be planned in consultation with the carers.

Information sessions will be determined by the needs of the carers but will likely include information about the new benefit system, financial planning, wills, trusts and support services. These information sessions will be designed to help them to plan for emergencies and the future, and to organise their finances so their son or daughter receives all the benefits they are entitled to and will be provided for in the future.
Faith in Community (Scotland)

The Transformation Team will use “Ageing Well” to deliver a capacity-building process that enables local faith communities to research and develop local initiatives which contribute to better health and wellbeing outcomes for older people aged 65+ in their neighbourhood.

Ageing Well is about developing local projects which tap into existing community assets, using local knowledge to respond to identified needs with locally delivered interventions. The funding will build on last year’s 5 pilot projects and develop at least a further 8 local projects across Glasgow.

Key activities include: Mentor and enable local faith communities to research and develop local projects that have a positive impact on the lives of older people living in their neighbourhood; Provide continuing support to 4 existing Ageing Well projects helping them deliver services to a further 35 service users; develop at least 8 new local projects that provide services to 55 new service users; Build in volunteering opportunities for older people as an integral part of each project, if appropriate. 70 new volunteers (including older people) will be recruited and trained; deliver training and networking events; Work alongside local Ageing Well projects to help them develop an action and funding strategy for their project and help local leaders develop management and governance skills to help sustain their project.

Flourish House

This project will offer a service city wide to Flourish House members. ‘Love Later Life 2’ will be immersed in the activities of Flourish to provide a multi-generational approach that demands equal opportunities for all members regardless of diagnosis.

‘Love Later Life 2’ will work with 30 members, half of whom are over 65 and half of whom are over 60. The project will:
- Develop activities that engage older members, track their activity and achievements.
- Raise awareness around issues like health, physical fitness, finance and support.
- Raise awareness of the project in older people’s services for potential referrals and clarify the process of transition from mental health services to older people’s services members.
- Carry out research related to long term mental illness, Later Life and physical activity.
**Food Train**

This proposal, in partnership with local housing associations, will continue delivery of the Glasgow Food Train in the **South** of Glasgow, as well as grow the service into the **North East** of the city.

The service will continue to operate from the Govanhill office and will offer a volunteer-delivered grocery shopping delivery service to older people across the South and North East of Glasgow, **aged 65+**, who experience difficulty due to age, ill-health, frailty or disability. The service will be delivered in partnership with local major supermarkets, with additional arrangements made as required for customers from ethnic minority backgrounds.

By the end of the funded period, the service is likely to be benefitting 200 older people and 80 volunteers.

The 'Transformation Fund' funded project will serve as Year 2 of the 3 year plan to develop a citywide Food Train service (subject to future funding).

**Glasgow Association for Mental Health**

60 older people with long term conditions, **aged 60+** and mental health carers will receive complementary therapies in **North East and North West** Glasgow during Oct 2013-Oct 2014. Therapy will be delivered at home or in community venue dependant on the individual’s need.

GAMH will facilitate 2 central Mindfulness Groups for a period of 8 weeks at a community venue, enabling approx. 30 older people with long-term conditions and Mental Health carers to develop skills and attributes, and ways of thinking and living, which improve wellbeing. Follow up drop in sessions will be delivered to promote and develop continued practice.

**Good Morning Service**

Continue to work to provide the Good Morning telephone befriending care and alert service, a life-enhancing and life-saving service, to approximately 136 older people **aged 60+** in this year with approximately 18,000 Good Morning Calls. Telephone befrienders will call at pre-arranged times every day, build a trusting relationship with clients whereby they can monitor their well-being. They will alert to potential health problems at an early stage when a Good Morning Call goes unanswered and where we recognise a deterioration in health or circumstance.

Good Morning is **city-wide** and will link in directly with statutory agencies and community groups to deliver their service to:
- locate a missing client,
- send help to an emergency alert;
- connect people to the wider community.

Additionally, they will organise 10 monthly Afternoon Get Togethers, visit community places of interest, attended by 15-20 clients. Publish 12 editions of the Good Morning newsletter and send to all clients.
Glasgow Disability Alliance

‘Older Disabled People CIRCLE’ project will use community development approaches to engage older people age 55+; develop and deliver accessible, high quality programmes and activities which build confidence and skills, increase capacity, social connections and resilience; and support the voices of older disabled people to be heard. This will be a city-wide project.

CIRCLE will build and develop networks and partnerships in co-production to develop new programmes and improve existing services e.g. through RCOP. The aim is to build capacity and resilience so that older disabled people have improved quality of life and can maintain independent living. CIRCLE project will work with older disabled people to improve capacity to remain in their own homes, through having peer support and better social networks, access to personal support and development and access to preventative services. Ultimately, the aim is that older disabled people become more resilient, develop their own voices and have choice and control over their lives.

Targets are:
• 4 Newsletters to over 2000 disabled people, member orgs and GDA Networks
• 10 Courses/Programmes
• 100 Older Disabled People involved in programmes
• CIRCLE ‘STAR’ Club – older disabled people will form a club with lunch, activities and learning and information about services.
• 5+ meetings of CIRCLE fora, supporting the voices of older disabled people through issue based discussions. Learning and support will be provided to this process.
• Support to existing orgs extending services to disabled people

Greater Easterhouse Supporting Hands

GESH will scale-up the current work they undertake with older people aged 65+ who live across the North East of Glasgow. This includes:

• Establishing twice weekly lunch clubs that will provide older people with healthy meals, social interaction, information on community services and a healthy activity
• Increasing the transport opportunities for older people so they can access our wider range of services
• Co-ordinating the delivery of outreach services for older people by other agencies (e.g. Strathclyde Police, Money Advice Organisations and Glasgow’s Older People’s Welfare)
• Providing cookery classes for older people living on their own for the first time
• Increasing befriending opportunities to socially isolated older people
• Delivering a handyperson service for older people as a means of supporting them to live in their own home for longer
**Lambhill Stables**

Build on activities currently offered to older people aged 65+ in the North West and involve them in the design and delivery e.g. aim to get 4 older people to plan and run the lunch club.

The overall target is to support 40 older people enabling them to be better connected; 4 volunteers to manage the library, lead a book club or be one of the stories behind Story Box. Individuals will be valued and experience an increase in their self-confidence. Planned activities:

1. Story box. Each participant will work together with a worker and volunteers to tell their life story. Stories are translated into pictorial form and exhibited on a story board which are then exhibited.
2. Weekly lunch club for older residents. Participants will be offered a pick-up service, a healthy lunch, activities and entertainment. Volunteer managing group of older people.
3. A social media and silver surfers club.
4. A library and book club. A book lending service run by older volunteers and regular reading groups
5. Easy Gardening Club supporting older folk to enjoy raised bed gardening.
6. Expand current activities on offer that attract older people to Lambhill Stables i.e. Art, Embroidery, Reminiscence and walking groups.

**Linthouse Housing Association**

Funding will support the Monday Club in the South of the city for a second year. Over the first year the club has grown steadily and is going from strength to strength. The club has 51 members aged 60+ and has delivered a variety of activities including healthy lunches in the cafe, day trips, IT classes and mobile phone workshops. All of the activities are done at members’ request.

The Monday Club is the catalyst for a range of benefits starting with a healthy meal, emotional support, conversation and companionship, friendships getting started, leading on to other activities such as using the internet or mobile phone use all helping to overcome isolation. In addition, being physically active can help prevent injuries from falls, a major cause of hospitalisation and loss of independence among the elderly.

The club has made contact with other organisations in the area including the Food Train, RNIB, Contact the Elderly and Good Morning Glasgow. A second years funding will enable the group to further develop the existing activities, engage the harder to reach older people, develop volunteering and nurture the links with other organisations. Enquiries from Linthouse area and wider continue to be received from older people, relatives and referrers and this will see the membership expand in the second year.
**Marie Curie Cancer Care**

Funding received is for the project, ‘Confident Caring’, the aim will be to give carers of patients with long term conditions a better understanding of their symptoms and palliative care needs. The project will consist of an interactive programme of workshops offering support, guidance and advice by experts, as well as providing opportunities for peer support. This will all be focused on meeting the specific needs of those caring for someone at the end of life which differs significantly from other caring roles.

There will also be an emphasis on achieving equal access to the courses irrespective of diagnosis so that those caring for someone with a condition such as end stage dementia, neurological conditions or organ failure as well as terminal cancer are all included. Elements of the workshops can also be adapted to the needs of the individual on a one to one basis.

The workshops will support the carer to care for the patient and for themselves, strengthening emotional resilience. The target is 120 carers of patients aged 60+ city-wide with palliative care needs

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**Muslim Elderly Day Care Centre**

‘Empowering Disadvantaged Elderly and their Carers’ project city-wide aims to engage and empower elderly and their Carer’s through providing a range of social, recreational, educational and health related activities to over 55’s but particularly targeting the frail.

The Project aims to improve individual mental and physical health of elderly but moreover, provide them an opportunity to be active and stay away from hospital and residential care admissions. The fund would allow them to increase and provide a more varied programme of activities that have been identified by the members themselves.

The Project supports more learning opportunities, connections with others, less social isolation, increased independence and improved health.

At least 55-65 people including carers would benefit from the grant award.
Nan McKay Community Hall

The fund will enable Nan McKay Hall (NMH) to access development support for the final stages of the creation of a new build – a ‘Hub of Excellence for Older People’ in Pollokshields in the South of the city. NMH has already made significant progress towards this in partnership with GCC, Jobs & Business Glasgow and Southside HA. The completion of this project will build their capacity to support older people in the future.

This funding will allow the organisation to engage development support and release time for the manager to focus on the management of the centre, ensuring the ongoing provision of a quality service to older members. It also means that the NMH and its members can remain fully engaged with relevant policy and strategic matters of concern to older people, nationally, regionally and locally; and that members’ current access to social and health opportunities can be maintained.

The project will benefit 95+ members over the age of 65.

Pollokshields Development Agency (now Southside Development Agency)

To continue the weekly drop in service based in Pollokshields in the South of the city and to expand the provision to a target of 50 individuals aged 55+ by September 2014.

- Weekly drop in for 64 weeks
- Hot nutritious Halal meal for weekly drop in

To share 3 key community events. These will be celebrated in a secular fashion and will allow participants to integrate with others from different cultures sharing their festivities, culture and traditions. These are events which ordinarily are family oriented however due to the transitory nature of modern families many of our elderly find themselves particularly isolated and excluded from the traditional family celebrations. We anticipate 90 individuals will attend each event.

- 3 x culture sharing celebratory events (e.g. Eid, Christmas, Baishki, Diwali)

Sessional delivery, support and information staff. Recreation including outings and social opportunities will be a key part of the project reducing isolation for the participants and allowing them to experience and share each other’s cultures, heritage and traditions. Included will be reciprocal visits to other similar projects. To meet the health demands of our participants they will have a weekly physical activity session and weekly relaxation therapy.
Princess Royal Trust for Carers, Greater Pollok Carers Centre

The project will be implemented and managed by the PRT Greater Pollok Carers centre on behalf of the Glasgow Carers Partnership. The partnership includes 3 Social Work Carers Support Teams, 5 voluntary sector carers centres and the NHS. This project continues the innovative approach to using personalised comprehensive emergency planning to help prevent emergency admission to hospital or residential care, due to lack of alternative support. It aims to increase family and community based support, reducing stress & reliance on statutory services for support.

This project will help carers of older people/older carers plan for emergency situations that may occur, should the carer take ill or be unable to fulfil their caring role. A comprehensive emergency plan will be produced detailing what should happen to the cared for person in the event of an accident, helping to prevent crisis occurring.

Funding will support three dedicated Emergency Planning Workers. This service will continue to greatly enhance the existing core services currently provided by the Glasgow Carers Centres / Services within the Glasgow Partnership model. Activities will continue to build on what was funded last year and will meet the need identified above by expanding the emergency planning service to 360 older carers/carers of older people aged 55+, producing 360 comprehensive emergency plans, across Glasgow City.

Queens Cross Housing Association

This project is based upon a pilot operating within our Sheltered Housing service currently targeting older males in our 8 sheltered housing sites in the North West. These groups will aim to arrange activities weekly agreed by the group identifying common interests to address social isolation, health and well-being, social interaction, links to other services, engaging communities within our 4 core areas.

They aim to replicate this successful pilot throughout the 4 neighbourhoods, targeting all men over 65 most of whom aren't engaging with any services. The groups would meet on a weekly basis and transport is provided where they have the opportunity to mix with peers, organise activities and have access to information regarding health and well-being. Friendships and extended networks have formed following the pilot group. They have also discussed health issues that affect them such as pain management and how to manage health issues.

Targets would be 4 groups (1 in each area) with a membership of over 48 within the first year.
Rainbow Care Centre

The aim of the project is to provide a befriending service in the South of the City to one of the most disadvantaged groups of our society. Recruit volunteers to provide companionship and support to older people aged 65+ within their own home or out in the community to improve their lives by reducing isolation and improve social connections and relationships. Empowering older people to give them the choice to remain in their own home and increase their confidence and independence.

They will run 3 events and activities over the year to enable older people involved in the project to reconnect them to their communities. Providing respite to their families and carers will enable them to have other interests and time out from their caring responsibilities.

Transforming the care of older people with local community organisations through partnership working will enable older people to stay active and engaged within their own community and decrease the demand on health and social services.

Targets are:
- Provide a befriending service to 55 older people, which will reduce isolation, improve mental health and increase independence (currently support 45)
- Recruit 10 additional volunteers to befriend older people

Scottish Opera

Scottish Opera has the scope and expertise to improve well-being and quality of life with the provision of high quality music and singing experiences. It has an important role to play in supporting and caring for older people city-wide.

Scottish Opera will collaborate with Alzheimer Scotland to offer a free performing arts experience for older people with dementia and their carers designed specifically to their needs. This project, now in its third year, will offer those with dementia aged 65+ and their carers a chance to be reunited through words, music and emotion; improving health and reducing social isolation.

Ten weeks of workshops based on the theme of friendship will help to develop new singing and performance skills. With equal input from participants and creative staff an opera will be devised and performed as part of Scottish Opera’s celebration of the 2014 Commonwealth Games.

24 people (dementia sufferers and carers) will benefit.
Southside Housing Association

Southside Connections is a low level preventative service providing a programme of social and recreational activities for older participants aged 60+ in the South. The service aims to reduce social isolation, prevent health problems and facilitate early intervention where issues emerge. It provides a forum for older participants to raise issues of importance to them. They will enable access to resources for information, advice and services. The service provides opportunities for volunteering. Activities offer support to carers, an area they see the project developing further. Participants are at the core of the design, delivery and monitoring of the service, using the Co-production model.

Key activities will include:
Provide 8 regular activities per week over 40 weeks of the year; Host 6 outings for up to 25 residents per outing over the year; Host an annual Festive party for 250 residents; Host other celebratory events; Maximize the use of common facilities provided by SHA as service bases either directly or to be utilised by other support organisations; Arrange 6 x 6 weekly “courses”, for example, healthy eating, and alternative therapies; Host information events, talks and presentations; Refer carers and vulnerable residents to other agencies for support, information or advice.

South West Community Transport

The project will continue to work with older people aged 65+ within the South of the city. The 50 new members registered to the Hoppa service over the last 10 months have benefited from this service, getting out and meeting new people. This project builds on that success.

Four main activities will now be offered: Getting older people out going along to clubs, activities and groups provided by partner organisations; Encourage them to become Hoppa members to continue this socialisation model, Shopping trips and away days operating twice a week; An afternoon tea day twice a month which is also an opportunity to have guest speakers or to try different activities.

Target is 48 new members.

Springburn Alive and Kicking Project

The project will offer three different weekly activities for older people aged 65+ in the Springburn Area in the North East. These are a Walking Group; a Keep Fit Class; and a Line Dancing Class.

The aim of these three classes / groups is to encourage older people to maintain or develop levels of activity. This will have a preventative effect on ill-health and admission to hospital. Additionally people will have new opportunities for socialising and meeting others, as well as having something to look forward to.

Targets anticipated are between five and 15 participants for the Keep Fit Class; between ten and 20 participants for the Line Dancing class; and between five and 15 participants for the Walking Group.
St George’s & St Peter’s Community Association

The project in the North East of the city aims to have a beautician in twice a week for 4 hours and a hairdresser in once a week for 3. It could seem inconsequential to some but it would achieve great things for the older people aged 60+ and improve their quality of life.

It is so nice and different for the older people to get pampered and made to look nice and feel good about themselves. This in turn builds up their confidence which motivates them to get more involved in other activities. It does them the world of good and it is something they would find difficult to afford or access individually.

It is anticipated that 50 older people will benefit.

Sunny Govan Community Media Group

Deliver training & development activities to include IT, radio & digital skills for 20 older people aged 60+. They will deliver 10 workshops to develop these skills towards creating Radio Reminiscence a weekly radio programme for broadcast on FM to a Glasgow city audience (45,000+), world-wide web & to create podcasts

They will inspire, engage and support older people & carers to get their voices heard through radio, digital and social media. Using Reminiscence Therapy, nostalgic entertainment in the form of music, memories together with current information regarding health, diet, pension advice, etc. to actively raise the profile of older people in Glasgow and surrounding areas Challenging ageism & discrimination.

Preserving & bringing back to life culture, music & heritage of Glasgow to a new wider audience. Radio Reminiscence will be a radio project developed, designed, created & presented by older people for older people & carers.
The Advocacy Project

Continuation of the previously funded project to consult meaningfully with individuals and respond to issues they have identified through capacity and confidence building and awareness raising. A collective peer advocacy model would allow people to be involved in exploring issues, sharing experiences and increasing knowledge. The co-production approach would continue, and by working in an environment where people feel comfortable, older people would be encouraged and supported to access services from out-with their communities.

The project would address issues raised in the consultation phase such as informing people about legal processes like making a will, power of attorney etc. Although the focus would still be on engaging M.E. communities, involvement from all communities in the South would be encouraged.

*It would be anticipated that The Advocacy Project could reach at least 50 individuals aged 60+ on a regular basis over the course of the project. The groups would aim to be self-sustaining for the future so they could continue beyond the project and help others.

*Facilitator will develop 5/6 advocacy groups through existing networks such as the Nan Mackay Hall, the Glasgow Gurdwara and the Ethnic Minority Service at the Dixon Halls. These groups will be held on a regular basis over the course of the project building trust and confidence using creative engagement strategies. 1:1 advocacy support will be provided as necessary. This may be to deal with a more personal specific issue, or to encourage capacity building where a group setting is not appropriate for the individual, perhaps to work towards engaging in a group.

The Mount Befriending Service

The funding from the Transformation Fund will enable this project to continue offering the service they have developed for older people aged 65+ in the South of the city. Currently they have 22 older people matched with 22 volunteers and 2 people who have a telephone befriending service from another volunteer.

The befriending can contribute to maintaining mental and physical health both of the client and family/carers as well as alerting others to deterioration in health.

With extra funding they would recruit 5 more volunteers over the next year, train and match them with 5 more older people currently on a waiting list. They will then support and monitor the befriending relationship. In addition they are planning to work in partnership with a local sheltered housing complex, to set up a monthly social club which will offer social contact and companionship to residents in the complex.
The Dixon Community

“Connecting Older People” – A multicultural older peoples Activity and Support Project

The area serviced by the Dixon Community houses diverse communities with the highest population of black and minority ethnic people in Glasgow, communities of asylum seekers and Roma immigrants which are the target group identified and have been delivering activities for 40 years. They have identified specific local need based on having been approached over the last 6 months by 30 older people who do not require “formal day services” but who do require socialisation, friendship, information and support. The main aim of this project is to reduce social isolation and encourage integration of older people aged 55+ in the South of the city through the delivery of a programme of activities and events 3 days per week.

Project goals are:
• To prevent older people from a variety of ethnic groups becoming socially isolated through the provision of activities
• To provide an environment where older people from a variety of ethnic groups can come together for friendship and support

A multicultural development worker will be employed to promote the project within voluntary and statutory organisations to identify relevant older people at risk of becoming isolated. An activities co-ordinator will be employed.

Toryglen Community Hall

Toryglen Community Hall supports a number of activities which aim to improve the lives of older people. These activities, allow participants to come together in a safe and welcoming environment which helps users combat the social isolation they may encounter. The activities are designed to improve the health and wellbeing of participants by providing opportunities for healthy eating and learning new skills.

Activities include a Lunch Club that offers a healthy meal and social support; The Jubilee Club which brings people together to socialise; the Twilight Club where older residents meet to play games; Sequence Dancing classes; Art Classes; Sewing Class and two Walking Groups. TCH wish to build on the success of these groups and activities in order to develop them. Targets have been set for each activity to at least double the number of participants.
Visibility

Early Intervention Project
This project will target older people aged 55+ city-wide experiencing deteriorating sight loss but not yet registered blind or partially sighted. It will provide practical advice and emotional support to help them come to terms with their situation and learn how to make the most of what sight they still have. By encouraging and increasing independence this project will help people to remain active and well, and to continue living safely in their own homes.

Each participant will receive a home visit and assessment. They will be told about aids and equipment and given a few key items, provided with emotional support and, if required, referred on to other local organisations or services. Families and carers will also be supported.

Glasgow’s Sensory Impairment Social Work Team are their referral partner and they anticipate that at least 230 people with visual impairments, plus families and carers, will have benefited by the end of this project.

Volunteer Glasgow

Volunteer Glasgow Demonstration Project will provide an online platform through which older people and carers of older people (aged 55+) living in South Glasgow can book the services of volunteers in a variety of tasks.

This demonstration project will directly serve an estimated 60+ older carers and carers of older people by providing them with a wide range of services delivered by volunteers via a ground-breaking online booking system which reduces administrative costs and brings the carer greater control, linking them to trained and vetted volunteers who make themselves available for booking. Volunteers will be recruited to provide services such as driving, companionship, escorting, handyperson.

Two partner Carers Centres will promote the volunteering opportunity to ex-carers; support service users in registering for the service and in their use of the booking system and assist carers to help shape the project’s development. Targets are: 60+ service users, 30 volunteers and 1800 hours support delivered.

Funding will enable the employment of a Development Worker, the purchase of Slivers of Time (the online platform) and provide project running costs.
West of Scotland Housing Association

WSHA’s Club 60 project will provide assistance to older people who live in North East and West Glasgow to operate activities within four WSHA sheltered housing complexes. The activities will be aimed at 260 participants who are 60 plus who live within the complexes and other people who live locally in mainstream housing, 20 volunteer befrienders will also be recruited to befriend 20 isolated older people.

The activities will be directed and selected by an Older Person’s Steering Group who will be supported by an Activity/Volunteer Co-ordinator. WSHA will also pilot a befriending project in Yoker to provide additional support to tenants, maximizing the impact of the project. The overall aims for the project are to improve older people's health and wellbeing and reduce social isolation. This will assist older people to live independently for as long as possible and impact on their overall quality of life.

West of Scotland Regional Equality Council

To work with minority ethnic older people in particular those from South Asian backgrounds. The aim is to work towards reducing isolation for older people and increase their chances to live a more independent life. They will do this by increasing the confidence of older people in accessing modern day technology in its simplest form; provide assistance in helping isolated individuals connect better with their families in the wider world using technology, learning and befriending;

The project will also provide a platform to meet others in a similar environment and identify and train volunteers from the communities to work with the older people thus increasing communication through intergenerational activities.

Targets are to recruit 15-20 volunteers to support up to 36 older people aged 55+ city-wide.

Whiteinch Centre

This is a pilot project providing group activities for socially isolated 65+ year olds from Whiteinch in the North-West, re-engaging them into a community network through weekly creative arts and gardening workshops.

The project will be delivered in partnership with Impact Arts and will:
- combat social isolation of participants and help them stay independent for longer
- improve their quality of life and sense of wellbeing before they fall in a cycle of dependency and ill health
- build a social network of like-minded people who can influence development of further support and projects in the area
The creative activities and gardening will allow participants to:
- meet new people - develop new skills
- report improved physical and mental wellbeing - work across generations
- become involved in shaping future provision for older group in the Centre and wider Whiteinch area.
The Glasgow Third Sector Transformation Fund is administered by VAF on behalf of the Glasgow Third Sector Interface.

For more information regarding the Fund or any of the projects featured, please contact:

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