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 being 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.

Membership

LOPF’s Members are third sector organisations which work with and for older people in Leeds.

Action for Gipton Elderly Adviser

Contact

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Registered Charity number 1067630 Photography courtesy of Paula Solloway

Leeds Older People’s Forum

Annual Report

2018/19

All older people in Leeds have the opportunity and support to enjoy the lives they want.

I am really proud to have been involved with the Forum since it started 25 years ago and seen all of the fantastic achievements it has made over that time. We have to ensure that the voices of older people remain as loud as ever in Leeds over the next 25 years.

Bill Rollinson, Chair, Leeds Older People’s Forum
Our projects

**Forum Central**
LOPF is part of the Third Sector Health and Care Network for Leeds, delivered as a partnership between LOPF and PSI Volutio. 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.

**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 Revisit initiative. Dementia Friendly Leeds aims to raise awareness of dementia and make services more accessible.

**International Day of Older Persons**
Celebration of the contribution of older people to Leeds through an annual events programme delivered across the city. This year’s theme was ‘trailblazers’.

**Time to Shine**
Time to Shine selects partners across Leeds to deliver unique and creative projects that engage socially isolated people. Within the programme is robust external local and national evaluation to test and learn from the approaches and inform future work.

**Street by Street**
A Lead Community Connector finds local older people who are Community Connectors in the area they live. Their role is to identify and then engage socially with older people who may be isolated and lonely, who live within their immediate neighbourhood and then to build neighbourhood connections in an informal way. The project is currently focused on the East of Leeds.

**Activities**
- Time to Shine projects delivered over 2,000 activities for older people in Leeds, including canal boat trips, Caribbean cooking sessions, wooden spoon carving and Bollywood dance.
- The Time to Shine team: introduced a new online tool, Action Learning Sets and partner meet ups to aid networking, collaboration and learning between delivery partners.
- We recruited and trained 14 Volunteer Listeners, to interview individual beneficiaries and find out more about how their lives have been changed by the different projects’ approaches to tackling loneliness.
- The Age Friendly Steering Group continued to meet on a monthly basis to discuss ways to improve the life of older people and the stigma faced by people living with dementia.
- Continue to engage with the frailty agenda and Local Care Partnerships.
- Deliver member events on issues of importance to the membership.
- In March 2021, we sent Weekly health and care updates and have improved wellbeing.
- Since 2015, we have established a local monthly social group.

**Priorities for 2019/20**

**Priorities for 2019/20**
- As we move into the final two years of Time to Shine we are focused on sharing learning and extending our legacy beyond the end of the programme.
- Develop a ‘Want to be Age and Dementia Friendly?’ guide and checklist to encourage businesses and organisations to sign up and stay engaged.
- Support businesses, services and organisations to become age and dementia friendly.
- Work with Local Care Partnerships in Otley and Wetherby to promote Age Friendly and Dementia Friendly initiatives.
- Develop the new Age Friendly Ambassadors scheme.
- Co-produce a campaign which challenges ageism and stereotypes of older people, and the stigma faced by people living with dementia.
- Develop the new Age Friendly Ambassadors scheme.
- Create and disseminate products and reports so that learning can be used to influence future developments.
- Door knocking and home visits made to older people through the Street by Street project, to encourage new friendships.
- Community Connectors to have a positive response to the door knocking and gain valuable information about where older people live and their individual circumstances.

**Finance**

**Income 2018/19**

**Expenditure 2018/19**

**WHAT WE ACHIEVED**

**Time to Shine reached over 5,890 people**
(taking the total number of people reached since Time to Shine began to over 13,000)

**2,862 older people**
joined a Time to Shine project and participated regularly in activities as a participant or volunteer

**48 Time to Shine projects**
across Leeds

**15,000 people**
welcomed and inducted by the different projects’ approaches to tackling loneliness.

**42 Delivery Partners**

**99 new members**
joined the **COME IN AND REST** (**CO**-**PRODUCTION** with older people across the Time to Shine programme)

**14,000 hours**
of their time to support Time to Shine projects across the city

**900 members and partners**
of Forum Central

**900 SWIFT service**
(co-produce a campaign which challenges ageism and stereotypes of older people, and the stigma faced by people living with dementia)

**SWIFT service**
(Supporting Wellbeing and Independence for Frailty)

**LOPF Trustees**
worth a notional **£28,523**

**£1.3m**
additional income came into the third sector as a result of the Time to Shine programme

**£28,523**

**40%**
of Time to Shine respondents feel less lonely

**62%**
people have improved mental wellbeing

**48%**
have improved quality of life