

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
Advonet
Age UK Leeds
Aireborough Voluntary Services to the Elderly
Alzheimer's Society
Armley Helping Hands
Association of Blind Asians
Belle Isle Elderly Winter Aid
BHA Equality Leeds
Bramley Elderly Action
Burmantofts Senior Action
Care and Repair Leeds
Carers Leeds
Caring Together in Woodhouse and Little London
Catholic Care
Chapel Allerton Good Neighbours - RVS
Community Action for Roundhay Elderly (CARE) - RVS
Cross Gates and District Good Neighbours Scheme
Faith in Elderly People
Farsley Live at Home Scheme
FDM
Feel Good Factor
Growing Old Grace-Fully
Halton Moor and Osmondthorpe Project for Elders
Hawthornthorpe Wood Older People Support
Holbeck Elderly Aid
Holocaust Survivors Friendship Association
Horsforth Live at Home Scheme
Inclusion Zone
Insighted
Leeds Bereavement Forum
Leeds Black Elders Association

Leeds Hospital Alert
Leeds Irish Health & Homes
Leeds Jewish Housing Association
Leeds Jewish Welfare Board
Life Hacks For Limited Futures
Leeds Mindfulness Co-op
Meanwood Elders Neighbourhood Action - RVS
Middleton Elderly Aid
Moor Allerton Elderly Care
Morley Elderly Action
National Osteoporosis Society
Neighbourhood Action in Farnley and New Farnley
Neighbourhood Elders Team (Garforth and Villages)
Older People's Action in the Locality
Older Wiser Local Seniors
Otley Action for Older People
Pudsey Live at Home Scheme
Relatives and Residents Association
Richmond Hill Elderly Action
Rothwell and District Live at Home Scheme
Royal British Legion
Shantona Women's Centre
Skipkko Arts Team
South Leeds Live at Home Scheme
Seacroft Friends and Neighbours
St Gemma's Hospice
STEP (Supporting the Elderly People)
Swarcliffe Good Neighbours Scheme
The Performance Ensemble
Thorner Over 60s Association
Touchstone Leeds
Trinity Network
Wetherby in Support of the Elderly
William Merritt Disabled Living Centre
Women's Health Matters

I was raving to someone the other day about Time to Shine saying it's the best funding scheme I've ever worked with - because it's done in such a progressive and collaborative way.

Delivery Partner

My Action Learning Set. It was a great experience, firstly to be able to chat to other people doing similar projects, as I work alone it made a welcome change.

Delivery Partner

It's changed my life really

Postcard Cafe participant, LS14 Trust

"Friendships become a luxury", when your priority is to find somewhere that is safe to sleep for the night.

Out and About project worker, Leeds Asylum Seekers' Support Network (LASSN)

I was feeling so low this morning and when you rang that you are coming to see me, my mood has changed!

Sunshine in Leeds participant, Health for All Leeds

I've met new and interesting folk, gone places I wouldn't have gone otherwise and feel that I'm contributing to a bigger picture

Age Friendly Steering Group member

It has really opened up my eyes to the epidemic of loneliness of old people in care homes and is no doubt influencing the direction of my own artistic practice.

In Mature Company artist, Yorkshire Dance



I want to thank you from the bottom of my heart for giving me my life back by showing me I could have friends and enjoyment again, for waking up each morning with a smile on my face. People like you, in my opinion, don't get the recognition you deserve, but I'm giving you it from me at least. I can honestly say you've helped me get out of a black hole in my life into the sun light. God Bless

SWIFT participant, Bramley Elderly Action

Contact

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Registered Charity number 1067630
Photography courtesy of Paula Solloway

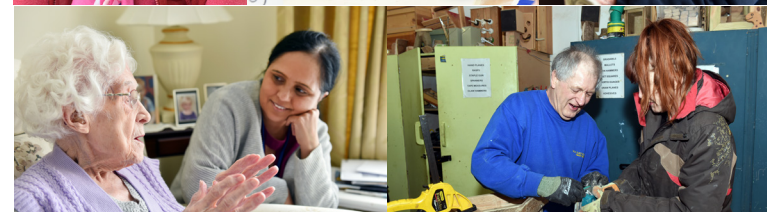


Leeds Older People's Forum Annual Report 2018/19

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 Volition. 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 Rest 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'.



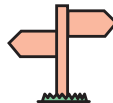
Time to Shine

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.



- The Street by Street Project started in Kippax; 10 prospective Community Connectors were identified, the area was asset mapped and older people living in the local area identified. Connectors delivered leaflets and established a local monthly social group.
- LOPF Trustees helped organised a workshop on Older People's housing and helped produce a report on what information and advice older people want in order to make informed choices about housing needs.

Priorities for 2019/20

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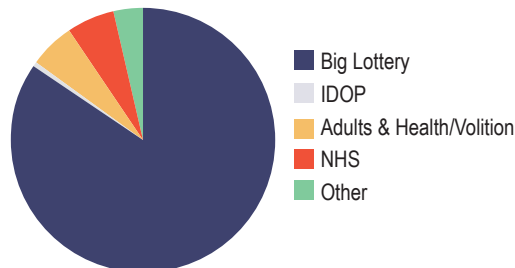
- As we move into the final two years of Time to Shine we are focused on sharing learning and extending our legacy beyond the end of the programme.
- Develop a 'Want to be Age and Dementia Friendly?' guide and checklist to encourage businesses and organisations to sign up and stay engaged.
- Support 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.
- Continue to engage with the frailty agenda and Local Care Partnerships.
- Deliver member events on issues of importance to the membership.
- Celebrate the work of all Time to Shine delivery partners.
- Launch a Time to Shine storytelling project.
- 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.

Activities

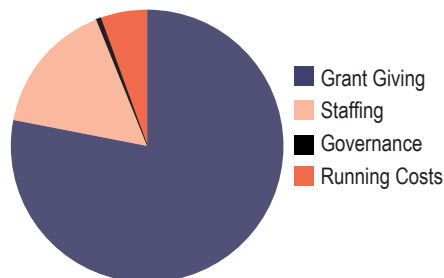
- Time to Shine projects delivered over 2,000 activities for older people in Leeds, including canal boat trips, Caribbean cooking sessions, wooden spoon carving and Bollywood dance.
- The Time to Shine team: introduced a new online tool, Action Learning Sets and partner meet ups to aid networking, collaboration 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 and has been involved in a range of initiatives over the year.
- A booklet promoting city-wide Dementia Action Week activities was produced.
- We supported meetings of the DEEP (Dementia Engagement and Empowerment Project) group.
- Six Dementia Friends sessions were delivered.
- We facilitated meet-ups of the Health Leaders Network and LOPF members.
- We funded and co-ordinated IDOP Celebrations in Leeds. (International Day of Older Persons).
- We delivered support sessions for potential applicants for Neighbourhood Network funding.

Finance

Income 2018/19



Expenditure 2018/19



WHAT WE ACHIEVED

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

Time to Shine is on track for the target of reaching
15,000 PEOPLE
by the end of the programme in March 2021

Since 2015
40% of Time to Shine respondents feel less lonely
62% have improved mental wellbeing
48% have improved quality of life

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

Welcomed and inducted staff from
12
new projects into the Time to Shine programme

48
TIME TO SHINE PROJECTS
across
42
DELIVERY PARTNERS

There were
15
International Day of Older People community events attended by
446 older people
99 younger people

99 new members
joined the
COME IN AND REST SCHEME

15 new members
joined the
LEEDS DEMENTIA ACTION ALLIANCE

Older and younger volunteers gave over
14,000 hours
of their time to support Time to Shine projects across the city

We sent Weekly health and care updates
to over
900
members and partners of Forum Central

Continued to work towards genuine
CO-PRODUCTION
with older people across the Time to Shine programme

We worked with
LOPF members to co-produce frailty outcomes for older people accessing health services

Worked closely with **Public Health** (Leeds City Council)
to enable the continuation and extension of the
SWIFT service
(Supporting Wellbeing and Independence for FrailTy)

West Yorkshire Fire and Rescue
have now rolled out the social isolation and Loneliness module across the whole of West Yorkshire, helping to identify socially isolated and lonely older people and enable them to make local referrals